

# Middle School Menus for October

Barrow County School System


Menus are subject to change.

October is National Farm to School Month, a time to celebrate the connections happening all over the country between children and local food.





KickIn' It With Kale is this year's campaign for Georgia. It is a state-wide effort to get kids across Georgia eating, growing, and participating in kale-themed activities throughout October.



 Indicates local, GA Grown Food!

## Monday, October 1

Biscuit Choice  
Cereal  
Muffin  
Assorted Juices & Fruits

BBQ Chicken Sandwich  
Fish Sandwich  
Curly Fries  
 Lettuce Tomato Pickle  
 Fresh Squash  
Brownie

## Tuesday, October 2

Biscuit Choice  
Cereal  
Apple Filled Breadstick  
Assorted Juices & Fruits

Spaghetti & Meatballs  
Turkey & Cheese  
Croissant  
 Fresh Broccoli  
 Bell Peppers Tomatoes  
**HOTM-Roasted  
Butternut Squash**

## Wednesday, October 3

Yogurt Bar  
Cereal  
Blueberry Bread  
Assorted Juices & Fruits

Poppyseed Chicken  
Beef & Cheddar S'wich  
**National Kale Day  
Kale Salad**  
Orange Glazed Carrots  
Lima Beans  
Farm to School Cookie

## Thursday, October 4

Biscuit Choice  
Cereal  
Bagel  
Assorted Juices & Fruits

Fiestada Pizza  
Sloppy Joe Sliders  
Corn  
 Cucumbers Tomatoes  
 Fresh Green Beans  
Pears  
**HOTM-Fresh Apples**

## Friday, October 5

Teacher Planning

No School

**Fall  
Break  
October  
8-12**



## Monday, October 15

Biscuit Choice  
Cereal  
Mini Donuts  
Assorted Juices & Fruits

Stuffed Crust Pizza  
Buffalo Chicken  
Flatbread  
Baked Sweet Potato  
California Blend  
**HOTM-Fresh Apples**  
Cookie Dough Bites

## Tuesday, October 16

Biscuit Choice  
Cereal  
Banana Bread  
Assorted Juices & Fruits

Original or Buffalo  
Chicken Tenders & Roll  
Mashed Potatoes  
Black Eye Peas  
 **HOTM-Cabbage**  
 **HOTM-Fresh Apples**

## Wednesday, October 17

Yogurt Bar  
Cereal  
Mini French Toast  
Assorted Juices & Fruits

Brunch for Lunch  
French Toast Sticks  
Sausage  
Chicken Biscuit  
Eggs Grits  
Hash Browns  
Farm to School Cookies

## Thursday, October 18

Sunrise Flatbread  
Cereal  
Strawberry Guava Bun  
Assorted Juices & Fruits

Asian Chicken  
Steak & Cheese S'wich  
Egg Roll  
Edamame  
 Fresh Veggie Cup  
Orange Wedges  
Pudding

## Friday, October 19

Biscuit Choice  
Cereal  
Cereal Bar  
Assorted Juices & Fruits

 Beef & Cheese Nachos  
Chicken Quesadilla  
Mexicali Corn  
Cheesy Refried  
Lettuce Tomato  
Pears

This institution is an equal opportunity provider.

All meals include choice of assorted fat-free or low fat milk.

Other lunch entrée choices include PBJ, Muffin & Yogurt, or Chef Salad.

Breakfast Meal Prices

Students- No Cost  
Adults- \$2.25

Lunch Meal Prices

Reduced- \$0.40  
Full- \$1.75  
Adults- \$3.25

**Monday, October 22**

Biscuit Choice  
Cereal  
Muffin  
Assorted Juices & Fruits

Western Burger Sliders  
Hot Dog  
Baked Beans  
**HOTM-Coleslaw**  
Crinkle Cut Fries  
Fruit Sherbet Cup

**Tuesday, October 23**

Biscuit Choice  
Cereal  
Crunchmania  
Assorted Juices & Fruits

Oven Baked Chicken  
Philly Steak & Cheese  
Carrots & Tomatoes  
Green Peas  
Au Gratin Potatoes  
Mandarin Oranges

**Wednesday, October 24**

Yogurt Bar  
Cereal  
Blueberry Bread  
Assorted Juices & Fruits

Chili Cheese Fries  
Chicken Po'boy  
Corn  
California Blend  
Cucumber Slices  
Farm to School Cookies

**Thursday, October 25**

Sunrise Flatbread  
Cereal  
Bagel  
Assorted Juices & Fruits

Wild Mike's Cheese Bites  
Italian Meatball Sub  
**HOTM-Roasted  
Butternut Squash**  
Garden Salad  
Fresh Green Beans  
Pineapple & Kiwi

**Friday, October 26**

Biscuit Choice  
Cereal  
Mini Donuts  
Assorted Juices & Fruits

Fish Basket  
Buffalo Chicken Salad  
Croissant  
Sidewinder Fries  
Corn on the Cob  
Grape Tomatoes  
Rice Krispie Treat

**Monday, October 29**

Biscuit Choice  
Cereal  
Mini Donuts  
Assorted Juices & Fruits

Smoke House BBQ  
Chicken Chili Crispito  
Potato Smiles  
Fresh Veggie Cup  
Yellow Squash  
Farm to School Cookies

**Tuesday, October 30**

Sunrise Flatbread  
Cereal  
Banana Bread  
Assorted Juices & Fruits

Baked Potato w/Chili  
Philly Chicken S'wich  
Fresh Broccoli  
Carrots  
Garden Salad  
Fruit Sherbet Cup

**Wednesday, October 31**

Yogurt Bar Roll  
Cereal Assorted Juices & Fruits

Chicken Noodle Soup w/  
Grilled Cheese S'wich  
Hot Ham & Cheese  
**HOTM-Coleslaw**  
Celery Sticks  
Veggie Fries  
Trick or Treat Snack

**Mark your calendars for National School Lunch Week—  
October 15-19, 2018! We are sharing Lots2Love 4 NSLW  
and serving the students favorite entrees!**

