



October is National Farm to School Month, a time to celebrate the connections happening all over the country

between children and local food.

Make Room for Legumes is this year's campaign for Georgia. It is a state-wide effort to get kids across Georgia eating, growing, and participating in legume-themed activities throughout October.



Indicates local, Georgia Grown Food!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2
Philly Steak & Cheese Sandwich
Fresh Corn on the Cob
Tossed Salad
Pears

3
Chicken Alfredo With Breadstick
Fresh Steamed Broccoli
Baby Carrots w/Dip
Peaches

4
National Taco Day
Beef & Cheese Tacos
Black Beans
Lettuce & Tomato Salsa & Guacamole
Whole Fruit Cup

5
Harvest of the Month
BBQ Pork Sandwich
Creamy Coleslaw
Tater Tots
Baked Cinnamon Apples
Brownie

6
Teacher Planning Day
No School for Students

9
Fall Break

10
Fall Break

11
Fall Break

12
Fall Break

13
Fall Break

16
All American Day
Bacon Cheeseburger OR
Savory Baked Beans
Baked Chips
Applesauce/Ice Cream

17
Asian Day
Asian Teriyaki Chicken
Brown Rice/Egg Roll
Carrots w/Dip
Mandarin Oranges
Cupcake

18
Mexican Day
Beef & Cheese Nachos
Lettuce & Tomatoes
Cheesy Refried Beans
Salsa/Guacamole
Tropical Fruit/Brownie

19
Italian Day
Lasagna w/Breadstick
Fresh Corn on the Cob
Tossed Salad
Baked Cinnamon Apples
Cookie

20
Dr. McMichael's Fav
Meatloaf w/Biscuit
Fresh Green Beans
Mashed Potatoes w/Gravy
Fruit Salad
Pudding Cup

23
Mini Sloppy Joes
Savory Baked Beans
Sun Chips
Creamy Coleslaw
Peaches

24
Harvest of the Month
Oven Fried Chicken w/Roll
Roasted Baby Potatoes
Fresh Broccoli w/Dip
Pumpkin Spice Apples

25
Brunch 4 Lunch
Tri Tater Hashbrowns
Baby Carrots
Yogurt Parfait w/Cinnamon
Gripz

26
Chili Mac w/Corn Muffin
Tossed Salad
Fresh Steamed Broccoli
Pears

27
Happy Birthday Bash
Deep Dish Pizza
Roasted Butternut Squash
Cucumbers & Tomatoes
Birthday Bash Fruit Slushie

30
Chicken Filet Sandwich
Lettuce & Tomato
Sidewinder Fries
Fruit Cocktail

31
Spaghetti & Meatballs
Pumpkin Spice Carrots
Tossed Salad
Trick or Treat Snack

##

Offered Daily:

Hamburger, PBJ Grab-n-Go, or Yogurt & Muffin Plate

Fresh Fruit

Assorted fat-free or low-fat milk is offered at lunch.

Meal Prices:

Paid - \$1.50

Reduced - \$0.40

Adult - \$3.25

Menus are subject to change due to market conditions, delivery, food availability, and school activities.

Mark your calendars for National School Lunch Week-October 16-20, 2017!



This institution is an equal opportunity provider

October

Barrow Elementary Menu