



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.



**Offered Daily:**

Muffin & Yogurt Plate, PBJ Grab-n-Go, Deli Subs & Wraps, Chicken Sandwich, Pizza, and Chef Salads.

Fresh Fruit

Assorted fat-free or low-fat milk.

Lunch Prices:

Paid: \$2.00

Reduced: \$0.40

Adult: \$3.25

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

Indicates local, Georgia Grown Food!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Hamburger Ham & Cheese Croissant Lettuce & Tomato Savory Baked Beans Sweet Potato Sticks Peaches	3 <b>Chicken Tender Tuesday</b> Regular or Buffalo Creamy Mashed Potatoes Pumpkin Spiced Carrots Sliced Cucumbers Tropical Fruit	4 <b>National Taco Day</b> Beef & Cheese Nachos Chicken Quesadilla Spicy Jalapeno Pintos Mexicali Corn Lettuce & Tomato Pineapple Slices Rice Krispie Treat	5 <b>Harvest of the Month</b> Cuban Sandwich Steak Sandwich Baked Potato Tossed Salad Fresh Squash <i>Baked Cinnamon Apples</i>	6 <b>Teacher Planning Day</b> <b>No School for Students</b>
9	10	11	12	13
<i>Fall Break</i>	<i>Fall Break</i>	<i>Fall Break</i>	<i>Fall Break</i>	<i>Fall Break</i>
16	17	18	19	20
<b>All American Day</b> Bacon Cheeseburger Hot Dog Savory Baked Beans Oven Fries California Blend Applesauce Ice Cream	<b>Asian Day</b> Teriyaki Beef Noodle Bowl Ham & Cheese Croissant Egg Roll Oriental Blend Baby Carrots Mandarin Oranges Cupcake	<b>Mexican Day</b> Beef & Cheese Nachos Cheese Quesadilla Lettuce & Tomato Mexicali Corn Taco Fiesta Black Beans Fruit Salad Brownie	<b>Italian Day</b> Lasagna w/Breadstick Meatball Sub Broccoli w/Cheese Roasted Butternut Squash Tossed Salad Baked Cinnamon Apples Cookie	<b>Dr. McMichael's Fav</b> Meatloaf w/Biscuit Sloppy Joe Fresh Green Beans Mashed Potatoes w/Gravy Bell Peppers & Tomatoes Tropical Fruit Pudding
23	24	25	26	27
BBQ Pork Sandwich Chicken & Chili Crispito Savory Baked Beans Curly Fries Creamy Coleslaw Fruit Cocktail	<b>Harvest of the Month</b> <b>Chicken Tender Tuesday</b> Regular or Buffalo Mac & Cheese Fresh Veggie Cup <i>Baked Cinnamon Apples</i>	Walking Tacos Soft Tacos Lettuce & Tomato Spicy Jalapeno Pintos Corn Peach Cup/Cookie	Chili Mac w/Corn Muffin Fish Sandwich Bell Peppers & Tomatoes Fresh Steamed Broccoli Squash Pineapples Slices	<b>Happy Birthday Bash!!</b> Deep Dish Pizza Cauliflower w/Cheese Cucumber Slices Baked Sweet Potato Birthday Bash Fruit Slushie
30	31			
Sloppy Joe Sandwich Ham & Cheese Croissant Tater Tots Lettuce Tomato Pickle California Blend Pear Halves	<b>Chicken Tender Tuesday</b> Regular or Buffalo Mashed Potatoes Pumpkin Spiced Carrots Broccoli w/Dip Trick or Treat Fruit Cup			

# October

## Barrow High School Menu

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



This institution is an equal opportunity provider