



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

Offered Daily:

Muffin & Yogurt Plate, PBJ Grab-n-Go, Chef Salad.

Fresh Fruit

Assorted fat-free or low-fat milk.

Meal Prices:

Paid: \$1.75

Reduced: \$0.40

Adult: \$3.25

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

# October

## Barrow Middle School Menu

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

