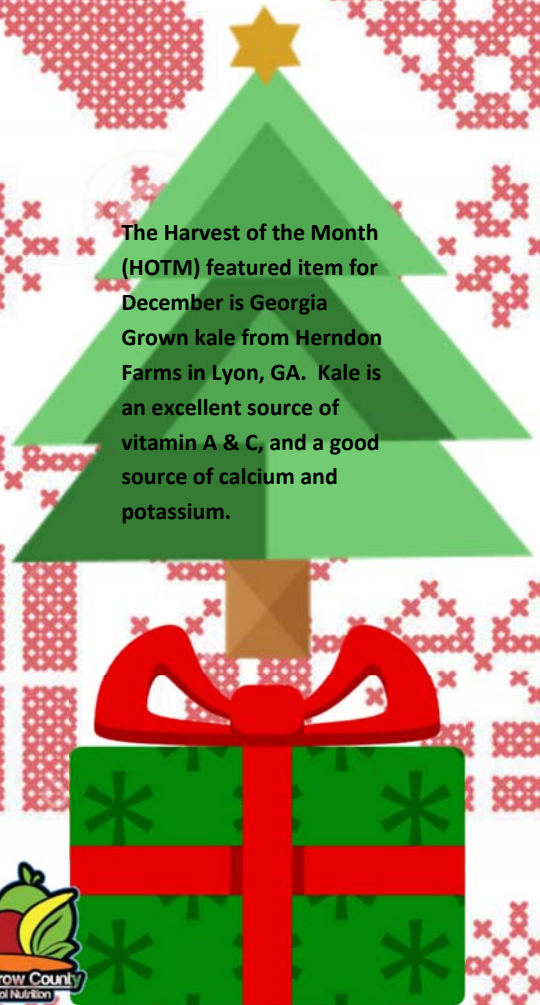


# December

## Barrow Elementary

### Menu

Offered Daily:  
 Cheeseburger/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



The Harvest of the Month (HOTM) featured item for December is Georgia Grown kale from Herndon Farms in Lyon, GA. Kale is an excellent source of vitamin A & C, and a good source of calcium and potassium.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1					1 French Bread Pizza Roasted Sweet Potatoes Cucumber Slices Peaches
Week 2	4 Sloppy Joe Sandwich Baked Chips Savory Baked Beans Celery Sticks Raisins	5 Oven Baked Chicken w/ Roll Macaroni & Cheese Carrots w/Dip Green Beans Applesauce	6 Mini Ravioli w/Breadstick Garden Salad Sweet Yellow Corn Pears Fresh Fruit	7 Chicken Noodle Soup w/ Grilled Cheese Sandwich Tri Taters Fresh Broccoli Dippers Strawberry Cup	8 Mini Pizza Bagel Bites <i>HOTM-Kale Salad</i> Orange Glazed Carrots Curly Fries Oranges & Kiwi Fruit Cocktail
Week 3	11 Beef & Cheese Nachos Lettuce & Tomato Cheesy Refried Beans Salsa & Guacamole Fruit Cocktail	12 BBQ Sandwich Coleslaw Potato Smiles Peaches Fresh Fruit	13 Meatball Sub Green Beans Broccoli & Carrots w/ Hummus Tropical Fruit	14 Chicken Smackers w/Roll Creamy Mashed Potatoes Green Peas Strawberry Cup	15 <i>BIRTHDAY BASH</i> Deep Dish Pizza Roasted Butternut Squash <i>HOTM-Kale Salad</i> Fruit Slushy Rice Krispie Treat
Week 4	18 Chili w/Goldfish Crackers Broccoli w/Cheese Garden Salad Pineapple Tidbits	19 Chicken Filet Sandwich Savory Baked Beans Sidewinder Fries Lettuce Tomato Pickle Mandarin Oranges	20 <i>Early Release Day</i> Ham & Cheese Sub or PBJ Sandwich Mini Carrots Sun Chips Celery Sticks Raisins	21 <i>WINTER BREAK</i>	22 <i>WINTER BREAK</i>  Students return to school January 8, 2018

 Indicates local, Georgia Grown Food!

