

Elementary School

Menus for September

Barrow County School System

This institution is an equal opportunity provider. Menus are subject to change.

Indicates local, GA
Grown Food!

Monday, September 3

Labor Day



Tuesday, September 4

Breakfast

Chicken Biscuit
Cereal
Apple Filled Breadstick
Assorted Juices & Fruits

Lunch

Brunch for Lunch
French Toast Sticks
Sausage
Tri Taters
Fresh Veggie Cup
Fruit Yogurt Parfait
Fresh Fruit

Wednesday, September 5

Breakfast

Steak Biscuit
Cereal
Blueberry Bread

Lunch

Beef & Cheese Nachos
Lettuce & Tomatoes
Cheesy Refried Beans
Pineapple Tidbits
Fresh Fruit

Thursday, September 6

Breakfast

Mini Pancakes
Cereal
Mini Bagels

Lunch

Chicken Filet Sandwich
Fresh Green Beans
Lettuce Tomato Pickle
Sun Chips
Fresh Fruit Salad
Fresh Fruit

Friday, September 7

Breakfast

Sausage & Cheese Pizza
Cereal
Mini Donuts
Assorted Juices & Fruits

Lunch

French Bread Pizza
Broccoli & Cheese
Fresh Carrots & Dip
HOTM-Watermelon
Tropical Fruit
Brownie

Monday, September 10

Breakfast

Cinnamon Roll
Cereal
Mini Donuts
Assorted Juices & Fruits

Lunch

Turkey & Cheese Sub
Lettuce Tomato
Baked Doritos
Fresh Corn on the Cob
Pineapple & Kiwi
Ice Cream

Tuesday, September 11

Breakfast

Chicken Biscuit
Cereal
Banana Bread
Assorted Juices & Fruits

Lunch

Baked Spaghetti
Cheesy Garlic Breadstick
Fire & Ice Salad
Lima Beans
Fruit Slushy
Fresh Fruit

Wednesday, September 12

Breakfast

Bacon Biscuit
Cereal
Mini French Toast
Assorted Juices & Fruits

Lunch

Chicken Alfredo
Orange Glazed Carrots
Bell Peppers & Tomatoes
Mandarin Oranges
Fresh Fruit

Thursday, September 13

Breakfast

Ham & Egg English Muffin
Cereal
Strawberry Guava Bun
Assorted Juices & Fruits

Lunch

Mini Burger Sliders
Sidewinder Fries
Lettuce Tomato
Fruit Cocktail
Fresh Fruit

Friday, September 14

Breakfast

Mini Waffles
Cereal
Cereal Bar
Assorted Juices & Fruits

Lunch

Cheesy Garlic Flatbread
HOTM-Zucchini
Strawberry Spinach Salad
Diced Pears
Fresh Fruit Salad
Cookie Dough Bites

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

Other lunch entrée choices include Hamburger, PBJ, Muffin & Yogurt, or Vegetarian Hummus Plate.

Breakfast Meal Prices:

Students- No Cost

Adults- \$2.25

Lunch Meal Prices:

Reduced - \$0.40

Full - \$1.50

Adults - \$3.25

Monday, September 17

Breakfast

Pancake on a Stick
Cereal
Muffin
Assorted Juices & Fruits

Lunch

Hot Dog
Coleslaw
Potato Smiles
Diced Pears
Smart Cookies

Tuesday, September 18

Breakfast

Chicken Biscuit
Cereal
Crunchmania
Assorted Juices & Fruits

Lunch

Italian Meatball Sub
Sweet Potato Fries
Cucumbers & Tomatoes
Baked Apples
Fresh Fruit

Wednesday, September 19

Breakfast

Sausage Biscuit
Cereal
Blueberry Bread
Assorted Juices & Fruits

Lunch

Oven Baked Chicken
Whole Grain Roll
Mashed Potatoes
Black Eye Peas
Sliced Peaches
Mini Rice Krispie Treat

Thursday, September 20

Breakfast

Bacon & Egg Pizza
Cereal
Mini Bagels
Assorted Juices & Fruits

Lunch

Chili Cheese Fries
Sweet Yellow Corn
Fresh Veggie Cup
Whole Fruit Frozen Cup
Fresh Fruit

Friday, September 21

Breakfast

Ham Biscuit
Cereal
Mini Donuts
Assorted Juices & Fruits

Lunch

Taco Fiesta Pizza
Fresh Green Beans
Strawberry Spinach Salad
Fresh Fruit Salad
Fresh Fruit

Monday, September 24

Breakfast

Barrow Sun Rise
Cereal
Mini Donuts
Assorted Juices & Fruits

Lunch

Sloppy Joes
Sun Chips
Carrots & Celery Sticks
Cheesy Broccoli & Cauliflower
Applesauce
Fresh Fruit

Tuesday, September 25

Breakfast

Chicken Biscuit
Cereal
Banana Bread
Assorted Juices & Fruits

Lunch

Cowboy Nachos
Lettuce Tomato
Pinto Beans
Salsa
Tropical Fruit
Fresh Fruit
Jonny Pops

Wednesday, September 26

Breakfast

Cinnamon Roll
Cereal
Pop Tart
Assorted Juices & Fruits

Lunch

Philly Steak & Cheese Sub
Fresh Veggie Cup
Crinkle Cut Fries
Baked Cinnamon Apples
Fresh Fruit

Thursday, September 27

Breakfast

Sausage Biscuit
Cereal
Strawberry Guava Bun
Assorted Juices & Fruits

Lunch

Chicken Smackers
Whole Grain Roll
Mashed Potatoes
Garden Salad
Mandarin Oranges
Fresh Fruit
Cupcake

Friday, September 28

Breakfast

French Toast Sticks
Cereal
Cereal Bar
Assorted Juices & Fruits

Lunch

Cheese Stuffed Crust Pizza
HOTM-Zucchini
Corn on the Cob
Fresh Fruit Salad
Fresh Fruit