

February

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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Tex Mex Potato Ham & Cheese Ciabatta Sweet Yellow Corn Fresh Veggie Cup Spicy Black Beans Peaches	1 Super Bowl 2 Tailgate Wings Kick Off Carrots & Celery Football French Fries Blitz Beans Time Out Cookie
Chicken Po'boy 5 Steak & Cheese Sandwich Lettuce Tomato Pickle Spiral Fries California Blend Tropical Fruit/Ice Cream	Beef & Cheese Nachos 6 Soft Tacos Mexicali Corn Spanish Rice Lettuce Tomato Pears	Oven Baked Chicken 7 Italian Meatball Sub Okra Macaroni & Cheese Black Eye Peas Mixed Up Fruit Cup	Chili Dog 8 Cheeseburger Creamy Coleslaw Onion Rings Fresh Veggie Cup Peaches/Pudding Cup	National Pizza Day 9 Buffalo Chicken or Pepperoni Pizza HOTM-Broccoli w/Cheese Local Grown Sweet Potato Garden Salad
BBQ Sandwich 12 Sloppy Joe Sliders Seasoned Green Beans Curly Fries Creamy Coleslaw Peaches	Traditional or Buffalo 13 Chicken Tenders Lima Beans Mashed Potatoes HOTM-Broccoli Mixed Up Fruit Cup	Chili w/Grilled Cheese 14 Ham & Cheese Ciabatta Carrots Sweet Potato Wedges Butternut Squash Strawberry Applesauce	Mini Corndogs 15 Cuban Sandwich Sweet Yellow Corn Zucchini Bell Peppers & Tomatoes Pears	Poppyseed Chicken 16 Fish Sandwich HOTM-Broccoli & Cauliflower Squash/Kale Salad Bananas & Strawberries
Holiday 19	Burrito Bowl 20 Chicken Quesadilla Spicy Black Beans Lettuce Tomato Cowboy Salsa Oranges & Kiwi/Brownie	Brunch 4 Lunch 21 Roasted Potato Hash Browns Carrots Grits & Gravy Uncle Bens Parfait Recipe	Asian Chicken 22 Ham & Cheese Ciabatta Stir Fry Veggies Egg Roll HOTM-Broccoli Mandarin Oranges	Happy Birthday Bash 23 Deep Dish Pizza HOTM-Buffalo Cauliflowe Seasoned Green Beans Garden Salad Fruit Slushy/Rice Krispie
Sloppy Joe Sandwich 26 BBQ Sandwich Baked Potato Peas & Carrots Creamy Coleslaw Fresh Fruit Cup	*New Item* 27 Buffalo Chicken Dip Celery & Carrot Sticks SideWINDER Fries HOTM-Broccoli Pears	Lasagna 28 Philly Steak & Cheese Garden Salad California Blend Butternut Squash Peaches		

The Harvest of the Month (HOTM) featured items for February are broccoli and cauliflower. Broccoli and cauliflower are low in calories, high in vitamin C, and a good source of both folate and vitamin A.



February 9 - Locally Grown Sweet Potatoes From SONRISE FARMS in Winder

Indicates local, Georgia Grown Food!

February 21st we will be serving the grand prize winning recipe from Uncle Ben's Beginners Cooking Contest. Joshua Wright (HES student) was one of five grand prize winners in the United States!

Barrow High School Menu

This institution is an equal opportunity provider

