


























February

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.

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

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 Middle School Menu

This institution is an equal opportunity provider

