

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

January

1	2	3	4	5
Sloppy Joe Sandwich Crispy Baked Okra Golden Sweet Corn All Mixed Up Fruit Cup	French Bread Pizza Tasty Tiny Tree Tops (Broccoli w/Cheese) HOTM -Fresh Steamed Carrots Mandarin Oranges	Chicken Noodle Soup Say "Cheese" Sandwich Tri Taters Green Beans Pears	Cowboy Nachos Big Bad Bandit Beans Lettuce & Tomatoes Pineapple Tidbits	Crispy Chicken Filet Sandwich Lettuce Tomato Pickle Side "Winder" Fries Strawberry Applesauce
HOLIDAY	Oven Baked Chicken Whole Grain Roll Macaroni & Cheese Black Eye Peas Applesauce Pudding Cup	Chili w/Crackers Tasty Tiny Tree Tops (Broccoli w/Cheese) HOTM -Fresh Carrots All Mixed Up Fruit Cup	Pizza Bagel Bites Krazy Kale Salad Golden Sweet Corn Baked Sweet Potato Pears Cookie	Fish Sticks of the Sea Hushpuppies Creamy Coleslaw Oven Fries Peaches
Beef & Cheese Nachos Lettuce & Tomatoes Cheese Refried Beans Salsa & Guacamole Mandarin Oranges	BBQ Sandwich Creamy Coleslaw Potato Smiles Pineapple Brownie	Italian Meatball Sub Sandwich Green Beans Cucumbers & Tomatoes Tropical Fruit	Kickin' Chicken Smackers Whole Grain Roll Fluffy Mashed Potatoes Peewee Peas Peaches	Deep Dish Pizza HOTM -Orange Glazed Carrots Krazy Kale Salad Birthday Bash Fruit Slushy Rice Krispie Treat
Chicken Alfredo Tasty Tiny Tree Tops (Steamed Broccoli) HOTM -Fresh Carrots Applesauce Welch's Fruit Snack Bites	Spaghetti w/ Meatballs Golden Sweet Corn Garden Salad Pears	Cheeseburger Sliders Lettuce & Tomato Curly Fries All Mixed Up Fruit Cup		

The Harvest of the Month (HOTM) featured item for January is carrots. Carrots are derived from a Middle Eastern crop called Queen Anne's Lace. This wild ancestor is also a taproot crop but has a white root. Today's Carrots vary in color from orange to white, purple, or black. They can also be eaten raw, steamed, baked, boiled, or cooked in soups and stews.

Offered Daily:
Hot Dog, 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



Barrow Elementary Menu

Indicates local, Georgia Grown Food!



This institution is an equal opportunity provider