

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

January

Sloppy Joe or BBQ Sandwich 8
Green Beans
Onion Rings
California Blend
Fruit Cocktail

Traditional or Buffalo Chicken Tenders w/Roll 9
Ranch Mashed Potatoes
Green Peas
Crispy Baked Okra
Pears/Cookie

Spaghetti 10
Philly Steak Sandwich
Corn on the Cob
HOTM-Fresh Parsley
Carrots
Broccoli & Cheese

Tex Mex Potato Ham & Cheese Ciabatta 11
Black Beans
Lettuce & Tomato
Squash Casserole
Peaches/Brownie

Asian Chicken 12
Italian Meatball Sub
Fresh Veggie Cup
Stir Fry Veggies
Baked Sweet Potatoes
Mandarin Oranges

HOLIDAY 15

Traditional or Buffalo Chicken Tenders w/Roll 16
Lima Beans
Baby Baker Potatoes
HOTM-Fresh Carrots
Pears

Cuban Sandwich 17
Chilidog
Creamy Coleslaw
Sweet Potato Sticks
Green Beans
Tropical Fruit

Lasagna 18
Crispy Fish Sandwich
Kale Salad
Cauliflower w/Cheese
Golden Sweet Corn
Applesauce/Pudding

Oven Baked Chicken 19
Buffalo Chicken Salad
Pinto Beans
Collard Greens
Macaroni & Cheese
Pineapple Slices

Chicken Soup 22
w/Grilled Cheese Sandwich
Sloppy Joes
Tossed Salad/Tri Taters
Peas & Carrots
Peaches

Beef & Cheese Nachos or Soft Tacos 23
Lettuce Tomato
Cheesy Refried Beans
Mexicali Corn
Fruit Cocktail

Chicken Alfredo 24
Ham & Cheese Ciabatta
Steamed Broccoli
HOTM-Orange Glazed Carrots
Cucumber Slices

Chili 25
Philly Steak & Cheese
Baked Potato
Cauliflower w/Cheese
Crunchy Celery Sticks
Applesauce

Deep Dish Pizza 26
Italian Meatball Sub
Roasted Butternut Squash
Corn on the Cob/Kale Salad
Birthday Bash Fruit Slushy
Rice Krispie Treat

Barrow Burger 29
Chicken Po' Boy
Lettuce Tomato Pickle
Savory Baked Beans
Spiral Fries
Welch's Fruit Snack Bites

White Chicken Chili 30
Sloppy Joe
HOTM-Orange Glazed Carrots
Cucumber Slices
Sweet Potato Sticks


Beef Stroganoff 31
Turkey & Cheese Panini
Tossed Salad
California Blend
Green Peas
Fruit Cocktail

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:
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.

HAPPY
NEW YEAR

Barrow High School Menu

 Indicates local, Georgia Grown Food!

This institution is an equal opportunity provider

