

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

January

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

HOLIDAY 15

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

Traditional or Buffalo Chicken Sandwich
Lettuce Tomato Pickle
Sidewinder Fries
California Blend
Pears

Beef & Cheese Nachos
Soft Tacos
Lettuce Tomato
Cheesy Refried Beans
Mexicali Corn
Salsa & Guacamole

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

Spaghetti
Philly Steak Sandwich
Corn on the Cob
HOTM-Fresh Parsley Carrots
Steamed Broccoli
Pumpkin Spice Apples

Cuban Sandwich
Chilidog
Creamy Coleslaw
Baked Sweet Potato Fries
Green Beans
Tropical Fruit

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

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

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

Stuffed Crust Pizza
Italian Meatball Sub
HOTM-Roasted Southwest Carrots
Golden Sweet Corn
Kale Salad

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

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

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

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

BBQ Pork or Chicken Filet Sandwich
Green Beans
Curly Fries
Creamy Coleslaw
Peaches

Barrow Burger
Chicken Filet Sandwich
Lettuce Tomato Pickle
Savory Baked Beans
Tater Tots
Welch's Fruit Snack Bites

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, 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.

Barrow Middle School Menu

HAPPY NEW YEAR

Indicates local, Georgia Grown Food!

This institution is an equal opportunity provider

