

Middle School Menus for September

Barrow County School System

This institution is an equal opportunity provider. Menus are subject to change.

 Indicates local, GA Grown Food!

Monday, September 3

Labor Day



Labor Day

Tuesday, September 4

Breakfast

Biscuit Choice
Cereal
Crunchmania
Assorted Juices & Fruits

Lunch

Traditional or Buffalo Style
Chicken Tenders
Mashed Potatoes
Lima Beans
 Fresh Carrots
Mandarin Oranges
Fresh Fruit

Wednesday, September 5

Breakfast

Yogurt Bar
Cereal
Blueberry Bread

Lunch

Build Your Own Sub
Ham Turkey Pepperoni
Sliced Cheese
 Lettuce Tomato Pickle Onions
Sun Chips
 Fresh Veggie Cup
Fruit Cocktail
Fresh Fruit
Smart Cookies

Thursday, September 6

Breakfast

Sunrise Flatbread
Cereal
Mini Bagels

Lunch

Taco Pizza
Carnita Torta
 Garden Salad
Corn on the Cob
 **HOTM-Zucchini**
Diced Pears
Fresh Fruit Salad

Friday, September 7

Breakfast

NEW Fresh Cinnamon Roll
Cereal
Mini Donuts
Assorted Juices & Fruits

Lunch

Asian Chicken
Steak & Cheese Sandwich
Stir Fry Vegetables
Edamame
 Cucumbers & Tomatoes
 **HOTM-Watermelon**
Pineapple Slices

Monday, September 10

Breakfast

Biscuit Choice
Cereal
Mini Donuts
Assorted Juices & Fruits

Lunch


Rodeo Burger Sandwich
Turkey & Cheese Croissant
Sweet Potato Waffle Fries
Celery Sticks
Peas & Carrots
Peaches
Fresh Fruit

Tuesday, September 11

Breakfast

NEW Fresh Cinnamon Roll
Cereal
Banana Bread
Assorted Juices & Fruits

Lunch

Cheesy Italian Rotini
Chicken & Bacon Wrap
Strawberry Spinach Salad
 Baked Sweet Potato
Corn
Tropical Fruit
Pear Halves
Cookie Dough Bites

Wednesday, September 12

Breakfast

Yogurt Bar
Cereal
Pop Tart
Assorted Juices & Fruits

Lunch

Brunch for Lunch
French Toast Sticks w/Sausage
Chicken Biscuit
Scrambled Eggs
Grits/Hash Browns
 Fresh Carrots
Fruit & Yogurt Parfait

Thursday, September 13

Breakfast

Sunrise Flatbread
Cereal
Strawberry Guava Bun
Assorted Juices & Fruits

Lunch



Poppyseed Chicken
Beef & Cheddar Sandwich
Fresh Broccoli
Spicy Pintos
 Fire & Ice Salad
Mandarin Oranges
Pudding

Friday, September 14

Breakfast

Biscuit Choice
Cereal
Cereal Bar
Assorted Juices & Fruits

Lunch

French Bread Pizza
Deep Dish Pizza
 **HOTM-Zucchini**
Cauliflower w/Cheese
 Fresh Veggie Cup
Fruit Cocktail
Fresh Fruit Salad

All meals include choice of assorted fat-free or low fat milk. Fresh Fruit is offered daily.

Other lunch entrée choices include PBJ, Muffin & Yogurt, and Chef Salad.

Breakfast Meal Prices:

Students- No Cost

Adults- \$2.25

Lunch Meal Prices:

Reduced - \$0.40

Full - \$1.75

Adults - \$3.25

Monday, September 17

Breakfast

Biscuit Choice
Cereal
Muffin
Assorted Juices & Fruits

Lunch

Western Burger Sliders
Hot Dog
Baked Beans
Coleslaw
Crinkle Cut Fries
Whole Fruit Frozen Cup

Tuesday, September 18

Breakfast

Biscuit Choice
Cereal
Crunchmania
Assorted Juices & Fruits

Lunch

Oven Baked Chicken
Philly Steak & Cheese Sub
Fresh Carrots & Tomatoes
Green Peas
Baby Baker Potatoes
Mandarin Oranges

Wednesday, September 19

Breakfast

Yogurt Bar
Cereal
Blueberry Bread
Assorted Juices & Fruits

Lunch

Chili Cheese Fries
Hot Ham & Cheese Sandwich
Corn
California Blend
Cucumber Slices
Applesauce

Thursday, September 20

Breakfast

Sunrise Flatbread
Cereal
Mini Bagels
Assorted Juices & Fruits

Lunch

Wild Mike's Cheese Bites
Italian Meatball Sub
Orange Glazed Carrots
Garden Salad
HOTM-Zucchini
Pineapple & Kiwi

Friday, September 21

Breakfast

NEW Fresh Cinnamon Roll
Cereal
Mini Donuts
Assorted Juices & Fruits

Lunch

Fish Basket
Buffalo Ranch Chicken
Salad Croissant
Green Beans /Corn on the
Cob/Fire & Ice Salad
Fresh Fruit Salad

Monday, September 24

Breakfast

Biscuit Choice
Cereal
Mini Donuts
Assorted Juices & Fruits

Lunch

Traditional or Spicy
Chicken Sandwich
Sidewinder Fries
Lettuce Tomato
Peas & Carrots
Tropical Fruit
Fresh Fruit

Tuesday, September 25

Breakfast

Sunrise Flatbread
Cereal
Banana Bread
Assorted Juices & Fruits

Lunch

Baked Potato Bar
Chili or Ham
Steamed Broccoli
Fresh Carrots
Garden Salad
Fresh Fruit Salad
Brownie

Wednesday, September 26

Breakfast

Yogurt Bar
Cereal
Pop Tart
Assorted Juices & Fruits

Lunch

Hamburger/Cheeseburger
Hot Dog
Lettuce Tomato Pickle Onions
Coleslaw Baked Beans
Baked Chips
Rips Cool Tropics Slushy
Fresh Fruit

Thursday, September 27

Breakfast

NEW Fresh Cinnamon Roll
Cereal
Strawberry Guava Bun
Assorted Juices & Fruits

Lunch

Beef & Cheese Nachos
Chicken Quesadilla
Mexicali Corn
Cheesy Refried Beans
Lettuce Tomato
Salsa Guacamole
Fruit Cocktail/Cookie

Friday, September 28

Breakfast

Biscuit Choice
Cereal
Cereal Bar
Assorted Juices & Fruits

Lunch

Cheese Stuffed Crust Pizza
Buffalo Chicken Flatbread
Broccoli Salad
Fresh Roasted Carrots
Green Beans
Fresh Fruit
Applesauce