

November

Barrow High School Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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The Harvest of the Month (HOTM) item for the month of November is Georgia Grown sweet potatoes from Herndon Farms in Lyons, GA. Sweet potatoes are a root vegetable, with a sweet taste packed with nutrition! Try them in sweet and savory dishes all year long.



		1 Beef & Cheese Tacos Chicken Quesadilla Pinto Beans/Lettuce & Tomato/Mexicali Corn Peaches/Rice Krispie	2 Cuban Sandwich Steak Sandwich Baked Potato Tossed Salad/Squash Baked Cinnamon Apples	3 Mini Calzones French Bread Pizza Green Beans Corn on the Cob Veggie Cup/Pineapple
6 Bacon Cheeseburger Hot Dog Lettuce Tomato Pickle Fries/Peas & Carrots Applesauce/Ice Cream	7 <i>Teacher Planning</i> <i>No School For Students</i>	8 Meatloaf w/Biscuit Buffalo Ranch Chicken Pinto Beans/Collard Greens Mac & Cheese Pineapple Slices	9 Brunch 4 Lunch <i>Sweet Potato Sticks</i> Hash Brown Tri Taters Grits/Gravy Yogurt Parfait	10 Teriyaki Beef Noodle Bowl Sloppy Joe Egg Roll/Oriental Blend Baby Carrots MandarinOranges/Pudding
13 BBQ Pork Sandwich Chicken & Chili Crispito Savory Baked Beans/Slaw Curly Fries Peaches	14 Walking Tacos Soft Tacos Lettuce Tomato Pinto Beans/Corn Fruit Cocktail	15 Chili Mac Turkey & Cheese Panini Roasted Southwest Carrots Peppers & Tomatoes Broccoli/Pears	16 Chicken Tenders Buffalo Chicken Tenders Green Beans/Potatoes Squash Casserole Pumpkin Spice Cone	17 Deep Dish Pizza Meatball Sub Cauliflower w/Cheese Cucumber Slices <i>Baked Sweet Potato</i>
20 <i>Thanksgiving Break</i>	21 <i>Thanksgiving Break</i>	22 <i>Thanksgiving Break</i>	23 <i>Thanksgiving Break</i>	24 <i>Thanksgiving Break</i>
27 Sloppy Joe Sandwich Ham & Cheese Croissant Tater Tots/Corn California Blend Brownie	28 Chicken Tenders Buffalo Chicken Tenders <i>Baked Sweet Potato</i> Green Beans/ Cauliflower w/Cheese/Pears	29 Lasagna Philly Steak & Cheese Garden Salad/Carrots Steamed Broccoli Pumpkin Spice Apples	30 Tex Mex Baked Potato Ham & Cheese Ciabatta Black Beans/Squash Lettuce & Tomato Peaches/Cookie	

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.



This institution is an equal opportunity provider



Indicates local, Georgia Grown Food!

