

# November

## Barrow Middle 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 Jalapeno Pinto Beans Corn/Lettuce & Tomato Peaches/Rice Krispie Treat	2 Cuban Sandwich Steak & Cheese Sandwich Baked Potato/Tossed Salad Broccoli w/Cheese Baked Cinnamon Apples	3 Mini Calzones French Bread Pizza Green Beans Corn on the Cob Veggie Cup/Pineapple
6 Chicken Filet Sandwich Spicy Chicken Sandwich Lettuce Tomato Pickle Fries/Peas & Carrots Applesauce/Ice Cream	7 <i>Teacher Planning 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>Fresh Sweet Potato Sticks</i> Hashbrown Tri Taters Grits & Gravy Yogurt Parfait	10 Stuffed Crust Pizza Meatball Sub Broccoli & Cauliflower Corn/Veggie Dippers Fruit Slushie Cup/Pudding
13 BBQ Sandwich Chicken Cordon Bleu Savory Baked Beans Curly Fries/Slaw Peaches	14 Walking Tacos Soft Taco Lettuce & Tomato Pinto Beans/Corn Fruit Cocktail	15 Chili Mac Turkey & Cheese Panini Roasted Southwest Carrots Bell Peppers & Tomatoes Broccoli/Pears	16 Chicken Tenders Buffalo Chicken Tenders Green Beans/Mashed Potatoes/Squash Casserole Pumpkin Spice Scone	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 Cheeseburger Sliders Chicken Filet Sandwich Tater Tots/Corn California Blend Fruit Cocktail/Brownie	28 White Chicken Chili Sloppy Joe Sandwich Fresh Carrots/Green Beans Cauliflower w/Cheese Pear Halves	29 Lasagna w/Breadstick Philly Steak & Cheese Peas & Carrots Butternut Squash Broccoli/Pumpkin 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, 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.



This institution is an equal opportunity provider



Indicates local, Georgia Grown Food!

