Bryan County Schools Lunch Menus

February

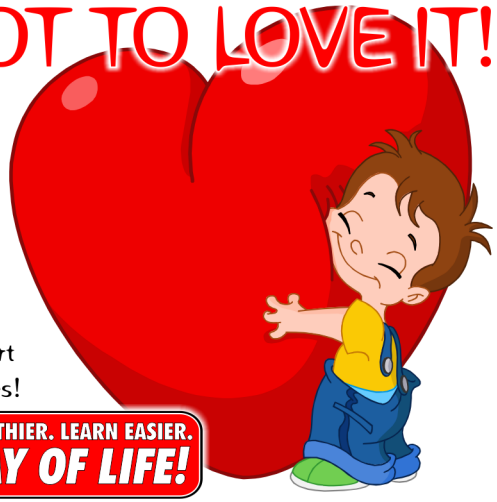
This institution is an equal opportunity provider.
Menus are subject to change.

Monday, February 1

Chicken Fingers
Creamed Potatoes & Gravy
Farm Fresh Vegetable
Yeast Roll
Assorted Fruits
Choice of Milk

YOU'VE GOT TO LOVE IT!

You've got to love your heart, that is! And taking care of your heart is a job that lasts your whole lifetime. Eat more fruits, veggies, and whole grains and less salt and saturated fat. And exercise regularly like your healthy heart depends on it – because it does!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Tuesday, February 2

Corn Dog
Long Branch Potatoes
Raw Veggies & Dip
Assorted Fruits
School Baked Cookie
Choice of Milk

SHADOW or No Shadow?

Check out all the history of Groundhog Day at www.groundhog.org/about/history/ OR check out Georgia's own special groundhog, General Beauregard Lee at www.yellowrivergameranch.com/about-general-beau-lee/

Wednesday, February 3

Cheeseburger
or
Hamburger
French Fries
Lettuce/Tomatoes/Pickles
Assorted Fruits
Choice of Milk

Thursday, February 4

Chicken Nuggets
Rice & Gravy
Farm Fresh Vegetable
Assorted Fruits
School Baked Roll
Choice of Milk

Every complete meal we serve comes with your choice of milk!

Friday, February 5

Bosco Sticks
Chicken Noodle Soup
Raw Veggies & Dip
Assorted Fruits
Choice of Milk

Monday, February 8

Chicken Nuggets
Roll
Rice & Gravy
Farm Fresh Vegetable
Assorted Fruits
Choice of Milk

Tuesday, February 09

Manager's Selection

Wednesday, February 10

Pizza
Steamed Corn
Caesar Salad
Assorted Fruits
Choice of Milk

Thursday, February 11

Spaghetti & Roll
Seasonal Vegetable
Garden Side Salad
Assorted Fruits
Milk

Friday, February 12

Grilled Cheese
Soup of the Day
Raw Veggies & Dip
Assorted Fruits
Choice of Milk

Monday, February 15

Teacher Workday

No School for Students

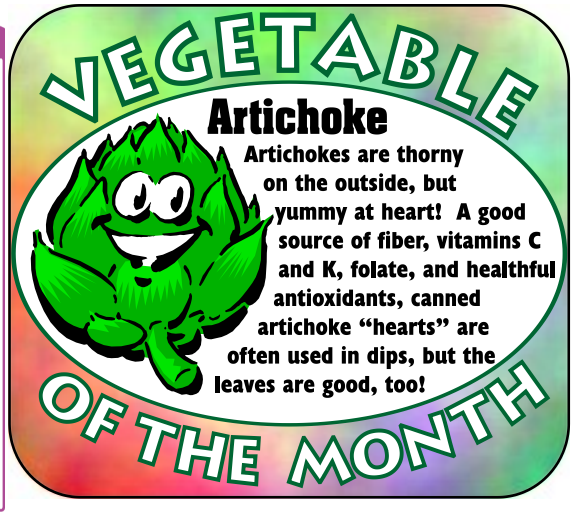
Tuesday, February 16

Teacher Workday

No School for Students

Wednesday, February 17

Chicken Fingers
Creamed Potatoes & Gravy
Farm Fresh Vegetables
Yeast Roll
Assorted Fruits
Choice of Milk



Thursday, February 18

French Bread Pizza
Loaded Potato Soup
Garden Side Salad
Assorted Fruits
Choice of Milk

Friday, February 19

Hot Dog
French Fries
Coleslaw
Baked Beans
Assorted Fruits
Choice of Milk

What's on YOUR plate?

Q: Why is fish often prepared and served with lemon?

A: Nowadays, it's mostly for flavor. But legend has it that people first served lemon with fish because they believed it would dissolve any fish bones they might swallow! With or without lemon, salmon filets like these are high in heart-healthy omega-3 fatty acids. Not to mention that they're also scrumptious!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, February 22

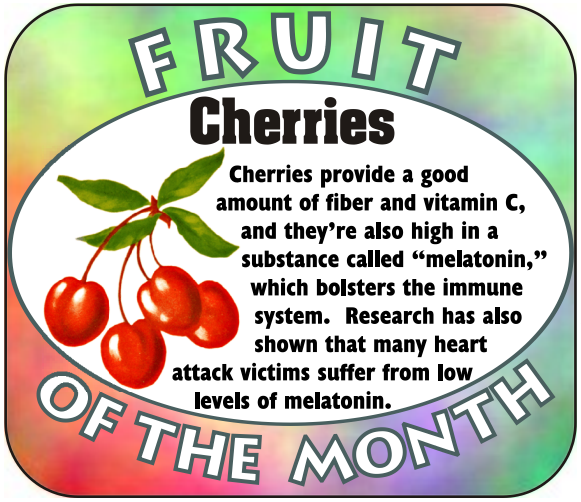
Pizza
Steamed Corn
Raw Veggies & Dip
Assorted Fruits
Choice of Milk

Tuesday, February 23

Cheeseburger
Pickles
French Fries
Assorted Fruits
Choice of Milk

Wednesday, February 24

Wing Dings
Long Branch Potatoes
School Baked Roll
Raw Veggies & Dip
Assorted Fruits
Choice of Milk



Thursday, February 25

Chicken & Rice
Farm Fresh Vegetable
Assorted Fruits
Cinnamon Roll
Choice of Milk

Friday, February 26

Manager's Selection

Students: Meals are still free for all students! Now is a great time to try out our breakfast & lunch programs.

We look forward to serving you!