

January 2019

Bartow Middle/Compass Charter

LUNCH




School Information:
 January 16th Early Release
 January 18th Report Cards
 January 21st NO SCHOOL



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday



Chili
 Baked potato
 Cheese breadsticks
 PBJ smuckers
 Potato wedges
 Fresh veggie mix
 Fresh fruit

7
 Chicken tenders
 Biscuit
 Yogurt snacker
 Green beans
 Fresh veggie mix
 Fruit cup

15
 Shepherds pie
 Baked potato
 Wheat roll
 Yogurt snacker
 Green peas
 Fresh veggie mix
 Fruit cup

21
 NO SCHOOL

29
 Asian chicken rice bowl
 Baked potato w/rice
 Egg roll
 Stir fry veg
 Fresh veggie mix
 Fresh fruit

Tuesday

1

8
 Baked Ziti
 Baked potato
 Breadstick
 Pizza snackers
 Steamed California blend
 Fresh veggie mix
 Fresh fruit

16
 Cheesy fish sandwich
 Baked potato w/breadstick
 Turkey & cheese sandwich
 Baked beans
 Fresh veggie mix
 Fresh fruit

22
 Hard shell beef tacos
 Baked potato
 Nacho chips w/salsa
 Yogurt snacker
 Pinto beans
 Fresh veggie mix
 Fruit cup

29
 Chicken bites
 Wheat roll
 Yogurt snacker
 Steamed carrots
 Fresh veggie mix
 Fruit cup

Wednesday

2

9
 Monte cristo sandwich
 Baked potato w/breadstick
 Chicken Caesar wrap
 Sweet potato fries
 Fresh veggie mix
 Fruit cup

17
 Sloppy joe nachos
 Baked potato w/chips
 Ham & cheese sandwich
 California blend
 Fresh veggie mix
 Fruit cup

23
 Fish nuggets
 Baked potato
 Mac & cheese
 Pizza snacker
 Green beans
 Fresh veggie mix
 Fresh fruit

30
 Alfredo w/twist
 Potato bar w/breadstick
 Turkey & cheese sandwich
 Steamed broccoli
 Fresh veggie mix
 Fresh fruit

Thursday

3

10
 Pizza
 Yogurt snacker
 Corn on cob
 Fresh veggie mix
 Frozen fruit cup

18
 Cheeseburger on bun
 Yogurt snacker
 French fries
 Fresh veggie mix
 Applesauce cup

24
 Cuban flatbread sandwich
 Baked potato w/breadsticks
 Turkey & cheese sandwich
 Black beans
 Fresh veggie mix
 Fruit cup

31
 Korean BBQ beef taco
 Potato bar w/breadstick
 Ham & cheese sandwich
 Caribbean veggies
 Fresh veg mix
 Fruit cup

Friday

4

18
 Cheeseburger on bun
 Yogurt snacker
 French fries
 Fresh veggie mix
 Applesauce cup

25
 Pizza
 Yogurt snacker
 Corn
 Fresh veggie mix
 Frozen fruit cup

REPORT CARDS

