



Notice for Language and Disability Assistance for the School Nutrition Program: If you have difficulty communicating with us or understanding this information because you do not speak English or have a disability, please let us know. Contact Abby Rowland, School Nutrition Director, 136 Warriors Path, Cleveland, GA 30528, Tel. (706) 865-2315 ext. 1703, Email: Abby.Rowland@white.k12.ga.us. Free language assistance or other aids and services are available upon request.

Aviso de Asistencia de Lenguaje y Discapacidad para el Programa de Nutrición Escolar: Si tiene dificultades para comunicarse con nosotros, o para entender esta información porque no habla inglés o tiene alguna discapacidad, por favor infórmenos. Comuníquese con Abby Rowland, Directora de Nutrición Escolar, 136 Warriors Path, Cleveland, GA 30528, teléfono (706) 865-2315 ext. 1703, correo electrónico: Abby.Rowland@white.k12.ga.us. Tenemos disponibilidad de servicios gratuitos de ayuda en otros idiomas y otro tipo de asistencia y servicios cuando lo solicite.


 Apply for free or reduced price meals online:
www.EZMealApp.com
 It's not too late to apply for this school year!


 Pay for school meals online:
www.EZSchoolPay.com

Check your child's lunch account balance!

If your child has lunch charges, please pay them soon.

Call 706-865-2315 ext. 1703 or 1704 with any questions.

Friday, March 1
Runkle Family Lunch

Chicken Sandwich
 Hamburger
 Fish Sandwich
 Baked Beans
 French Fries
 Tossed Salad
 Fruit Ice

Available Daily

Fruit available daily with lunch.
Breakfast items include: Biscuit or assorted baked goods, assorted fruits and juices, and choice of milk.
Daily milk choices include 1% white, 1% chocolate, and fat free strawberry milk.

| Monday, March 4 | Tuesday, March 5 | Wednesday, March 6 | Thursday, March 7 |
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| National School Breakfast Week | | | |
| Fish Sticks with Hushpuppies Hotdog Tater Tots Green Beans Coleslaw | Chicken Tenders with Roll Hot Ham and Cheese Sandwich Mashed Potatoes GA grown Cabbage Tossed Salad | General Tso's Chicken with Asian Rice Yogurt and Scooby Snack Broccoli Glazed Carrots Tossed Salad Fortune Cookie | Domino's Pizza (cheese or pepperoni) PB&J Basket Smile Fries Corn Carrot Sticks |

Friday, March 8

Schools closed

Meal Prices:
 Breakfast served at no cost to students
 Lunch: \$2.25 (students)
 School Staff / Visitors:
 Breakfast \$2.00, Lunch \$4.00

Menu subject to change due to availability.

This institution is an equal opportunity provider.

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| <p><u>Monday, March 11</u></p> <p>Chicken Alfredo with Texas Toast French Bread Pizza with Marinara Sauce Broccoli Carrots Tossed Salad</p> | <p><u>Tuesday, March 12</u></p> <p>BBQ Nachos with Queso Ranchero Pizza Pinto Beans Corn Salsa / Lettuce / Tomatoes Sour Cream Packs</p> | <p><u>Wednesday, March 13</u></p> <p>Chili with Cheesy Breadstick Yogurt and Elf Graham Plate Baked Potato Broccoli Tossed Salad</p> | <p><u>Thursday, March 14</u></p> <p>Domino's Pizza (cheese or pepperoni) Turkey Sub Sandwich Mac-n-Cheese Green Beans Veggie Dippers</p> | <p><u>Friday, March 15</u></p> <p>Ware Family Lunch</p> <p>Cheeseburger PB&J Basket Fish Sandwich French Fries Baked Beans Tossed Salad Fruit Ice</p> |
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| <p><u>Monday, March 18</u></p> <p>Chicken Strips with Gravy Sausage Pizza Mashed Potatoes GA Field Peas Tossed Salad Roll GA Strawberries</p> | <p><u>Tuesday, March 19</u></p> <p>Tacos (beef or chicken) Pinto Beans Corn Salsa / Lettuce / Tomatoes</p> | <p><u>Wednesday, March 20</u></p> <p>Waffles and Sausage Yogurt and Muffin Plate Hash Brown Cheesy Grits Sliced Cucumbers</p> | <p><u>Thursday, March 21</u></p> <p>Domino's Pizza (cheese or pepperoni) Deli Sandwich Basket Potato Smiles Green Beans Veggie Dippers</p> | <p><u>Friday, March 22</u></p> <p>Luna Family Lunch Hamburger Chicken Sandwich Fish Sandwich Baked Beans Potato Wedges Sandwich Fixings Fruit Ice</p> |
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| <p><u>Monday, March 25</u></p> <p>Mini Corndogs Chicken Sandwich Broccoli with Cheese Mashed Potatoes Tossed Salad</p> | <p><u>Tuesday, March 26</u></p> <p>Chicken Fajita Nachos with Scoops Cheese Quesadilla Pinto Beans Corn Tossed Salad</p> | <p><u>Wednesday, March 27</u></p> <p>Spaghetti with Texas Toast PB&J Basket Carrots Roasted Potatoes Tossed Salad</p> | <p><u>Thursday, March 28</u></p> <p>Domino's Pizza (cheese or pepperoni) Grilled Cheese Sandwich Corn Green Beans Tomato Soup Tossed Salad</p> | <p><u>Friday, March 29</u></p> <p>Chicken Sandwich Hamburger Fish Sandwich Baked Beans French Fries Tossed Salad Fruit Ice</p> |
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Root Veggies

Root veggies are not all from the same plant family, but all are edible taproots that grow underground.

Edible roots come in many sizes, shapes, and colors. They all provide fiber and are a great way to add color to your plate.

Radishes and beets are harvested in the spring; carrots are harvested in Georgia from December through June.

In addition to steaming, baking, or roasting, these root veggies can also be thinly sliced and enjoyed in their raw forms.

Carrots are among the top 10 vegetables produced in Georgia, per the 2021 Farm Gate Value Report.

Beets and radishes are not known for their commercial production in GA, but they are popular choices for school gardens.

Many people claim these root vegetables are sweeter when Georgia grown because of our climate.



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