



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

Chicken Sandwich, regular or spicy
 Baked Beans
 French Fries
 Sandwich Topping Bar
 Fruit Ice

Warrior Express
 All Lines the Same

Available Daily

Fresh Salads and Fruits
 Variety of Pizza on main Café Lines
Warrior Express Line:
 Fresh Chef Salads, PB&J Baskets, Sides,
 Fresh Fruit and Veggies
 Choice of 1% White, 1% Chocolate, or Fat Free Strawberry Milk
 Various A La Carte Items available for Purchase

Breakfast Items include: Assorted Biscuits and Breakfast Sandwiches, Baked Goods, Fruits and Juices.

Meal Prices:
Breakfast served at no cost to students
 Lunch: \$2.50 (students)
 School Staff / Visitors:
 Breakfast \$2.00, Lunch \$4.00
Menu subject to change due to availability.
 This institution is an equal opportunity provider.

Monday, March 4	Tuesday, March 5	Wednesday, March 6	Thursday, March 7
National School Breakfast Week			
Teriyaki BBQ Boneless Wings Mac-n-Cheese Green Beans Black-Eyed Peas Roll	Chicken Alfredo Broccoli Carrots Corn Texas Toast	Spaghetti and Meatsauce Green Peas Lima Beans Roasted Potatoes Garlic Toast	Chicken Fajitas Chips and Queso Refried Beans Rice Corn Fajita Topping Bar
----- Warrior Express Chicken Wrap BBQ Sandwich	----- Warrior Express Ranchero Pizza Cheese Quesadilla	----- Warrior Express Ribeque Spicy Chicken Sandwich	----- Warrior Express Meatball Sub Sub Sandwich

Friday, March 8

Schools closed



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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<p><u>Monday, March 11</u></p> <p>BBQ Pulled Pork Mac-n-Cheese Green Beans Cabbage Cornbread</p> <p>-----</p> <p>Warrior Express Corndog Cheese Quesadilla</p>	<p><u>Tuesday, March 12</u></p> <p>Regular Tacos and Carnita Street Tacos Chips and Queso Spanish Rice Corn Pinto Beans Taco Topping Bar with Asian Slaw</p> <p>-----</p> <p>Warrior Express Cheesy Breadsticks with Marinara Sauce Chicken Sandwich</p>	<p><u>Wednesday, March 13</u></p> <p>General Tso's Chicken Asian Rice Corn on the Cob Black-Eyed Peas Broccoli Spring Roll</p> <p>-----</p> <p>Warrior Express Cheeseburger Hotdog</p>	<p><u>Thursday, March 14</u></p> <p>Chicken Strips and Gravy Mashed Potatoes Green Peas Roll</p> <p>-----</p> <p>Warrior Express French Bread Pizza Chicken Parmesan Sub</p>	<p><u>Friday, March 15</u></p> <p>Cubano Sandwich Spicy Chicken Sandwich Baked Beans French Fries Sandwich Topping Bar Fruit Ice</p> <p>-----</p> <p>Warrior Express All Lines the Same</p>
<p>Georgia Agriculture Week</p>				
<p><u>Monday, March 18</u></p> <p>Chicken Tenders Pizza Mashed Potatoes GA Field Peas Roll</p> <p>-----</p> <p>Warrior Express Chicken Wrap BBQ Melt Sandwich</p>	<p><u>Tuesday, March 19</u></p> <p>Soft Shell Tacos (Beef and Pulled Chicken) Pizza Pinto Beans Corn Spanish Rice</p> <p>-----</p> <p>Warrior Express Chicken Cheese Burrito Cheese Quesadilla</p>	<p><u>Wednesday, March 20</u></p> <p>Waffles and Sausage Yogurt & Muffin Plate Hash Brown Cheesy Grits Sliced Cucumbers</p> <p>-----</p> <p>Warrior Express Ribeque Spicy Chicken Sandwich</p>	<p><u>Thursday, March 21</u></p> <p>General Tso's Chicken Asian Rice Corn Carrots Broccoli Spring Roll</p> <p>-----</p> <p>Warrior Express Meatball Sub Sub Sandwich</p>	<p><u>Friday, March 22</u></p> <p>Cheeseburger Chicken Sandwich with Hot Honey Sauce Baked Beans French Fries Sandwich Fixings Fruit Ice</p> <p>-----</p> <p>Warrior Express All Lines the Same</p>
<p><u>Monday, March 25</u></p> <p>Chicken Parmesan with Noodles Corn Green Beans Black-Eyed Peas Texas Toast</p> <p>-----</p> <p>Warrior Express Corndog Cheese Quesadilla</p>	<p><u>Tuesday, March 26</u></p> <p>Tacos Chips and Queso Spanish Rice Corn Pinto Beans Taco Topping Bar</p> <p>-----</p> <p>Warrior Express Cheesy Breadsticks with Marinara Sauce Chicken Sandwich</p>	<p><u>Wednesday, March 27</u></p> <p>BBQ Pulled Pork Mac-n-Cheese Turnip Greens Black-Eyed Peas Cornbread</p> <p>-----</p> <p>Warrior Express Cheeseburger Hotdog</p>	<p><u>Thursday, March 28</u></p> <p>Chicken Tenders Mashed Potatoes Green Beans California Blend Roll</p> <p>-----</p> <p>Warrior Express French Bread Pizza Chicken Parmesan Sub</p>	<p><u>Friday, March 29</u></p> <p>Chicken Sandwich, regular or spicy Baked Beans French Fries Sandwich Topping Bar Fruit Ice</p> <p>-----</p> <p>Warrior Express All Lines the Same</p>