



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

 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.

Thursday, February 1

Domino's Pizza (cheese or pepperoni)
Grilled Cheese Sandwich
Corn
Green Beans
Tomato Soup
Tossed Salad

Friday, February 2

Chicken Sandwich
Hamburger
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, February 5

Fish Sticks
with Hushpuppies
Hotdog
Tater Tots
Green Beans
Coleslaw

Tuesday, February 6

Chicken Tenders
with Roll
Hot Ham and
Cheese Sandwich
Mashed Potatoes
Georgia Cabbage
Tossed Salad

Wednesday, February 7

General Tso's Chicken
with Asian Rice
Yogurt and
Scooby Snack
Broccoli
Glazed Carrots
Fortune Cookie
Tossed Salad

Thursday, February 8

Domino's Pizza (cheese or pepperoni)
PB&J Basket
Smile Fries
Corn
Broccoli Cauliflower Salad

Friday, February 9

Piggy Melt
Corndog
French Fries
Baked Beans
Coleslaw

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.

Monday, February 12

Chicken Alfredo
with Texas Toast
French Bread Pizza
with Marinara Sauce
Broccoli
Carrots
Tossed Salad

Tuesday, February 13**Taco Tuesday**

Tacos
Cheese Quesadilla
Pinto Beans
Corn
Salsa / Lettuce /
Tomatoes

Wednesday, February 14**Brunch for Lunch
Valentine's Day**

Waffles and Sausage
Yogurt and
Muffin Plate
Hash Brown
Cheesy Grits
Sliced Cucumbers
Valentine Fruit Ice

Thursday, February 15

Domino's Pizza
(cheese or pepperoni)
Deli Sandwich Basket
Mac-n-Cheese
Green Beans
Veggie Dippers

Friday, February 16

Winter Break
School closed

Monday, February 19

Winter Break
School closed

Tuesday, February 20

BBQ Nachos
with Queso
Ranchero Pizza
Pinto Beans
Corn
Salsa / Lettuce /
Tomatoes
Sour Cream Packs

Wednesday, February 21

Chili with
Cheesy Breadstick
Yogurt and
Elf Graham Plate
Baked Potato
**Georgia Roasted
Broccoli**
Tossed Salad

Thursday, February 22

Domino's Pizza
(cheese or pepperoni)
Deli Sandwich Basket
Potato Smiles
Green Beans
Carrot Dippers

Friday, February 23

Hamburger
Chicken Sandwich
Baked Beans
Potato Wedges
Sandwich Fixings
Fruit Ice

Monday, February 26

Mini Corndogs
Chicken Sandwich
Broccoli with Cheese
Mashed Potatoes
Tossed Salad

Tuesday, February 27

Chicken Fajita Nachos
with Scoops
Cheese Quesadilla
Pinto Beans
Corn
Tossed Salad

Wednesday, February 28

Spaghetti
with Texas Toast
PB&J Basket
Carrots
Roasted Potatoes
Tossed Salad

Thursday, February 29

Domino's Pizza
(cheese or pepperoni)
Grilled Cheese Sandwich
Corn
Green Beans
Tomato Soup
Tossed Salad
Leap Frog Cake



Cruciferous

Cruciferous vegetables are members of the Brassicaceae family.
CABBAGE, BROCCOLI, CAULIFLOWER

Cruciferous vegetables are often known for their distinct odor when cooked by certain methods, but cooking with less water and lower heat methods minimizes the smells and maximizes the nutrients.

Many vegetables evolved from the original wild cabbage, including broccoli, Brussels sprouts, cauliflower, kale, and kohlrabi.

Cabbage is in season in Georgia from October through July, while broccoli and cauliflower are in season in late fall through spring if properly protected in the winter months.

Cabbage is one of the top 10 vegetables produced in Georgia, per the 2021 Farm Gate Value Report.

South Georgia's climate allows for an extended broccoli growing season through the winter, while North Georgia's climate allows for broccoli to be grown into late spring.

Cauliflower can be a bit more challenging to grow in Georgia than the other members of this group, but its popularity is on the rise as it is used to create "steaks", "rice", and pizza crusts on menus.



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