



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

Chicken Tenders
Mashed Potatoes
Green Beans
California Blend
Roll

Warrior Express
French Bread Pizza
Chicken Parmesan Sub

Friday, February 2

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, February 5

Teriyaki BBQ
Boneless Wings
Mac-n-Cheese
Green Beans
Black-Eyed Peas
Roll

Warrior Express
Chicken Wrap
BBQ Sandwich

Tuesday, February 6

Chicken Alfredo
Broccoli
Carrots
Corn
Texas Toast

Warrior Express
Ranchero Pizza
Cheese Quesadilla

Wednesday, February 7

Spaghetti
and Meatsauce
Green Peas
Lima Beans
Roasted Potatoes
Garlic Toast

Warrior Express
Ribeque
Spicy Chicken Sandwich

Thursday, February 8

Chicken Fajitas
Chips and Queso
Refried Beans
Rice
Corn
Fajita Topping Bar

Warrior Express
Meatball Sub
Sub Sandwich

Friday, February 9

Cheeseburger
Chicken Sandwich
with Hot Honey Sauce
Smile Fries
Baked Beans
Sandwich Topping Bar
Fruit Ice

Warrior Express
All Lines the Same

Monday, February 12

BBQ Pulled Pork
Mac-n-Cheese
Green Beans
Cabbage
Cornbread

Warrior Express
Corndog
Cheese Quesadilla

Tuesday, February 13

Tacos (regular)
Carnita Street Tacos
Chips and Queso
Spanish Rice
Corn
Pinto Beans
Taco Topping Bar with
Asian Slaw

Warrior Express
Cheesy Breadsticks with
Marinara Sauce
Chicken Sandwich

Wednesday, February 14

General Tso's Chicken
Asian Rice
Corn on the Cob
Black-Eyed Peas
Broccoli
Spring Roll
Valentine Fruit Ice

Warrior Express
Cheeseburger
Hotdog

Thursday, February 15

Chicken Strips
and Gravy
Mashed Potatoes
Green Peas
Roll

Warrior Express
French Bread Pizza
Chicken Parmesan Sub

Friday, February 16

Winter Break
School closed

Monday, February 19

Winter Break
School closed

Tuesday, February 20

Chicken Pot Pie
California Blend
Green Peas
Carrots
Roll

Warrior Express
Chicken Cheese Burrito
Cheese Quesadilla

Wednesday, February 21

Chicken Fajita Pizza
French Fries
Baked Beans
Coleslaw

Warrior Express
Ribeque
Spicy Chicken Sandwich

Thursday, February 22

Cheesy Breadsticks
with Marinara Sauce
Corn on the Cob
Green Beans
Pasta Salad
Fruit Crisp

Warrior Express
Meatball Sub
Sub Sandwich

Friday, February 23

Chicken Sandwich
with Hot Honey Sauce
Spicy Chicken Sandwich
Potato Smiles
Baked Beans
Sandwich Topping Bar
Fruit Ice

Warrior Express
All Lines the Same

Monday, February 26

General Tso's Chicken
Asian Rice
Corn
Carrots
Broccoli
Spring Roll

Warrior Express
Corndog
Cheese Quesadilla

Tuesday, February 27

Tacos
Chips and Queso
Spanish Rice
Corn
Pinto Beans
Taco Topping Bar

Warrior Express
Cheesy Breadsticks with
Marinara Sauce
Chicken Sandwich

Wednesday, February 28

BBQ Pulled Pork
Mac-n-Cheese
Turnip Greens
Black-Eyed Peas
Cornbread

Warrior Express
Cheeseburger
Hotdog

Thursday, February 29

Roasted Chicken
Wings with Sauce
Potato Wedges
Green Beans
Carrot & Celery Sticks
Roll

Warrior Express
French Bread Pizza
Chicken Parmesan Sub



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.



This institution is an equal opportunity provider.