



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

Lines 1 and 2:
 Cheesy Breadsticks with Marinara Sauce
 Sub Sandwich Basket

Warrior Express:
 Sub Sandwich Basket

All Lines:
 Pizza
 Mac-n-Cheese
 Green Beans
 Tossed Salad

Friday, February 2

All Lines:
 Chicken Sandwich
 Cheeseburger
 Pizza
 Baked Beans
 Potato Smiles
 Tossed Salad
 Fruit Ice

Available Daily 

Fresh Fruit and Vegetable Bar
Domino's Pizza (except Thursdays)
Choice of 1% White, 1% Chocolate, or fat free Strawberry Milk
Various A La Carte Items available for Purchase

Breakfast Items include:
Assorted Breakfast Sandwiches, Muffins, Assorted Fruits and Juices, and Choice of Milk.

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

Lines 1 and 2:
 General Tso's Chicken
 Asian Rice
 Spring Roll

Warrior Express:
 Chicken Wrap

All Lines:
 Pizza
 Carrots
 Broccoli

Tuesday, February 6

Lines 1 and 2:
 Tacos with Taco Topping Bar
 Chicken Cheese Burrito

Warrior Express:
 Chicken Cheese Burrito

All Lines:
 Pizza
 Pinto Beans
 Corn
 Fruit Ice

Wednesday, February 7

Lines 1 and 2:
 BBQ Nachos with Queso

Warrior Express:
 BBQ Melt

All Lines:
 Pizza
 Fresh Corn on the Cob
Georgia Cabbage
 Sugar Cookies

Thursday, February 8

Lines 1 and 2:
 Chicken Strips & Gravy with Roll
 Yogurt & Cheez-It Plate

Warrior Express:
 Yogurt & Cheez-It Plate

All Lines:
 Pizza
 Mac-n-Cheese
 Green Beans

Friday, February 9

All Lines:
 Cheeseburger
 Corndog
 Pizza
 French Fries
 Baked Beans
 Sandwich Topping Bar

Monday, February 12**Lines 1 and 2:**

Teriyaki Boneless
Wings with Roll

Warrior Express:

Yogurt and
Pretzel Plate

All Lines:

Pizza
Mashed Potatoes
Green Peas

Tuesday, February 13**Lines 1 and 2:**

Chili with Crackers

Warrior Express:

Hotdog

All Lines:

Pizza
Mac-n-Cheese
Green Beans
Coleslaw

Wednesday, February 14**Lines 1 and 2:**

BBQ Pulled Pork
with Roll

Warrior Express:

Cubano Sandwich

All Lines:

Pizza
Baked Potato
Broccoli with Cheese
Valentine Fruit Ice

Thursday, February 15**Lines 1 and 2:**

Chicken Fajitas with
Fajita Topping Bar

Warrior Express:

Cheese Quesadilla

All Lines:

Pizza
Pinto Beans
Spanish Rice
Corn

Friday, February 16

Winter Break
School closed

Monday, February 19

Winter Break
School closed

Tuesday, February 20**Lines 1 and 2:**

Soft Shell Tacos with
Taco Topping Bar

Warrior Express:

Cheese Quesadilla

All Lines:

Pizza
Pinto Beans
Corn
Spanish Rice

Wednesday, February 21**Lines 1 and 2:**

Boneless
Chicken Wings
with Roll

Warrior Express:

Chicken Wrap

All Lines:

Pizza
Mashed Potatoes
Green Peas

Thursday, February 22**Lines 1 and 2:**

Chicken Pot Pie

Warrior Express:

Sub Sandwich

All Lines:

Pizza
Green Beans
Corn

Friday, February 23**All Lines:**

Cheeseburger
Meatball Sub
Pizza
Baked Beans
French Fries
Sandwich Fixings
Fruit Ice

Monday, February 26**Lines 1 and 2:**

Chicken Tenders
with Roll

Warrior Express:

Yogurt & Muffin Plate

All Lines:

Pizza
Mashed Potatoes
Green Peas

Tuesday, February 27**Lines 1 and 2:**

Spaghetti
with Texas Toast

Warrior Express:

PB&J Sandwich

All Lines:

Pizza
Lima Beans
Roasted Potatoes
Tossed Salad

Wednesday, February 28**Lines 1 and 2:**

Chicken Fajitas with
Fajita Topping Bar

Warrior Express:

Cheese Quesadilla

All Lines:

Pizza
Pinto Beans
Spanish Rice
Corn

Thursday, February 29**Lines 1 and 2:**

Roasted Chicken
Wings with Sauce
and Roll

Warrior Express:

Sub Sandwich Basket

All Lines:

Pizza
Potato Wedges
Green Beans



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.