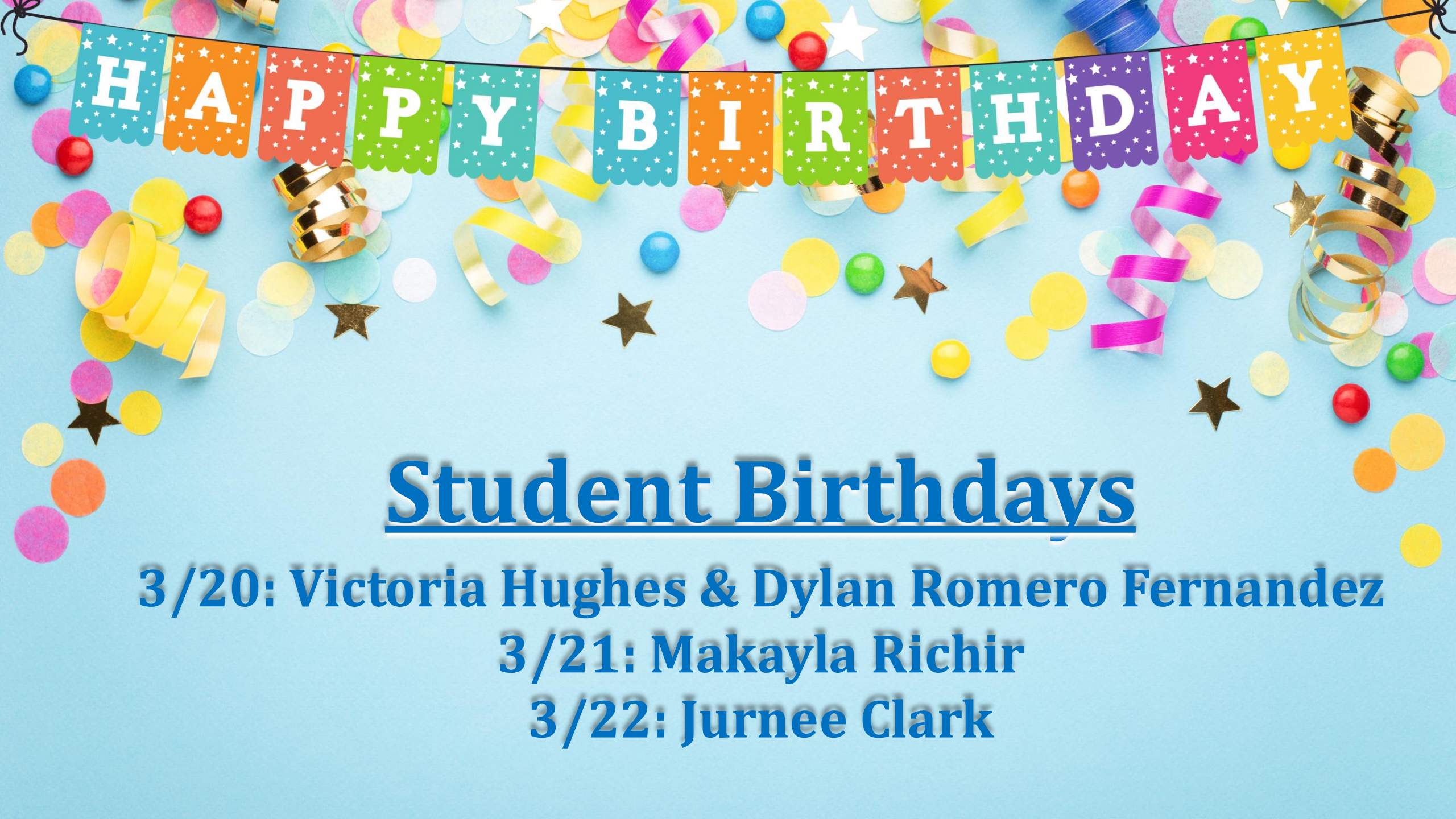


FRIDAY
MARCH 20, 2026





HAPPY BIRTHDAY

Student Birthdays

3/20: Victoria Hughes & Dylan Romero Fernandez

3/21: Makayla Richir

3/22: Jurnee Clark

2026



MARCH

MIDDLE SCHOOLS

BREAKFAST

National School Breakfast Week:
The Quest for School Breakfast: March 2nd – 6th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NATIONAL SCHOOL BREAKFAST WEEK				
Emperor's Eggs & Toast, Chicken Biscuit, Cereal, Pop-Tarts, Fresh Fruit, Fruit Juice, Choice of Milk	Prince & Princess Pancakes & Royal Fruit, Sausage Biscuit, Pop-Tarts, Cereal, Fresh Fruit, Fruit Juice, Choice of Milk	Dragon Eggs & Sausage, Pop-Tarts, Cereal, Strawberry Applesauce, Fresh Fruit, Choice of Milk	Medieval Muffin Tops, Bagel Sandwich, Mini Donuts, Cereal, Raisels, Fresh Fruit, Choice of Milk	Knight's Bread with Royal Icing, Bacon Biscuit, Cereal, Honey Bun, Fresh Fruit, Fruit Juice, Choice of Milk
9 Mini Chicken Biscuits, Yogurt & Granola, Pop-Tarts, Cereal, Craisins, Fruit Juice, Fresh Fruit, Choice of Milk	10 French Toast & Sausage, Donut Holes, Cereal, Pop-Tarts, Diced Peaches, Pineapple Tidbits, Fresh Fruit, Choice of Milk	11 Sausage Biscuit, Chocolate Chip Muffin, Pop-Tarts, Cereal, Pear Halves, Fresh Fruit, Choice of Milk	12 Steak Biscuit, Vanilla Belgian Waffle, Cereal, Pop-Tarts, Mango-Peach Applesauce, Fresh Fruit, Choice of Milk	13 At-Home Learning Day
16 Chicken Biscuit, Apple Frudel, Pop-Tarts, Cereal, Mango-Peach Applesauce, Fresh Fruit, Choice of Milk	17 French Toast & Sausage, Mini Strawberry Bagel, Pop-Tarts, Cereal, Fresh Fruit, Fruit Juice, Choice of Milk	18 Homestyle Breakfast Plate, Chocolate Chip Muffin, Pop-Tarts, Cereal, Pear Halves, Fresh Fruit, Choice of Milk	19 Steak Biscuit, Donut Sticks, Pop-Tarts, Cereal, Diced Peaches, Fresh Fruit, Choice of Milk	20 Bacon Biscuit, Mini Maple Waffles, Pop-Tarts, Cereal, Fresh Fruit, Fruit Juice, Choice of Milk
23 Chicken Biscuit, Honey Bun, Pop-Tarts, Cereal, Craisins, Fresh Fruit, Choice of Milk	24 French Toast & Sausage, Blueberry Muffin, Pop-Tarts, Cereal, Fresh Fruit, Fruit Juice, Choice of Milk	25 Sausage Biscuit, Cinnamon Pancake, Pop-Tarts, Cereal, Tropical Fruit Salad, Fresh Fruit, Choice of Milk	26 Pancake on a Stick, Steak Biscuit, Pop-Tarts, Cereal, Diced Peaches, Fresh Fruit, Fruit Juice, Choice of Milk	27 Bacon Biscuit, Mini Powdered Donuts, Pop-Tarts, Cereal, Fresh Fruit, Choice of Milk
30 Mini Chicken Biscuits, Yogurt & Granola, Pop-Tarts, Cereal, Craisins, Fruit Juice, Fresh Fruit, Choice of Milk	31 French Toast & Sausage, Donut Holes, Cereal, Pop-Tarts, Diced Peaches, Pineapple Tidbits, Fresh Fruit, Choice of Milk	All Students Eat Free this School Year! Find all menus online at https://www.gcbe.org/page/menus		

This institution is an equal opportunity provider. Menu is subject to change. A variety of milk is offered each day.

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2026

MARCH

MIDDLE SCHOOLS

LUNCH

All Students
Eat Free this
School Year!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Soft Pretzel & Cheese Sauce, Chicken Chunks, Steak Strips, Roll, Corn, Green Beans, Craisins, Fresh Fruit, Choice of Milk	3 Fish Sticks & Hushpuppies, Oven-Fried Chicken & Roll, Mashed Potatoes, Sweet Peas, Raisels, Fresh Fruit, Choice of Milk	4 Max Snac Mini Quesadillas, Chicken Tenders, Garlic Toast, Seasoned Broccoli, French Fries, Diced Peaches, Fresh Fruit, Choice of Milk	5 Cheeseburger, Taco Salad, Walking Taco, Pinto Beans, Lettuce & Tomato, Salsa, Mango-Peach Applesauce, Fresh Fruit, Choice of Milk	6 Pepperoni Pizza, Cheese Pizza, Corn Dog, Baby Carrots & Ranch, Garden Side Salad, Fresh Fruit, Choice of Milk
9 Mac & Cheese, Pulled Pork BBQ Sandwich, Pinto Beans, Creamy Cole Slaw, Raisels, Fresh Fruit, Choice of Milk	10 Chicken Enchilada, Beef & Cheese Nachos, Refried Beans, Sliced Peaches, Pineapple Tidbits, Fresh Fruit, Choice of Milk	11 Beef Spaghetti, Chicken Nuggets, Roll, Garden Side Salad, Corn, Rosy Applesauce, Fresh Fruit, Choice of Milk	12 Homemade Pepperoni Pizza, Chicken Tenders, Roll, Seasoned Broccoli, Sweet Potato Waffle Fries, Fresh Fruit, Choice of Milk	13 <i>At-Home Learning Day</i>
16 Chicken & Waffles, Corn Dog, Sweet Potato Waffle Fries, Green Beans, Fruit Cocktail, Fresh Fruit, Choice of Milk	17 Pigs in a Blanket, Popcorn Chicken, Hot Ham & Cheese Sandwich, Potato Smiles, BBQ Baked Beans, Fresh Fruit, Choice of Milk ST PATRICK'S DAY TREAT	18 Jalapeno Mozzarella Bites, Pizza Dippers & Marinara, Roasted Squash, Broccoli Florets, Melon Medley, Diced Peaches, Choice of Milk	19 Homemade Cheese Pizza, Oven-Fried Chicken & Roll, Mashed Potatoes, Corn, Garden Side Salad, Fresh Fruit, Choice of Milk	20 Chicken Wings & Roll, Cheeseburger, Fresh Veggie Cup, Onion Rings, Sidekick, Fresh Fruit, Choice of Milk
23 Soft Pretzel & Cheese Sauce, Chicken Chunks, Steak Strips, Roll, Corn, Green Beans, Craisins, Fresh Fruit, Choice of Milk	24 Fish Sticks & Hushpuppies, Oven-Fried Chicken & Roll, Mashed Potatoes, Sweet Peas, Raisels, Fresh Fruit, Choice of Milk	25 Max Snac Mini Quesadillas, Chicken Tenders, Garlic Toast, Seasoned Broccoli, French Fries, Diced Peaches, Fresh Fruit, Choice of Milk	26 Cheeseburger, Taco Salad, Walking Taco, Pinto Beans, Lettuce & Tomato, Salsa, Mango-Peach Applesauce, Fresh Fruit, Choice of Milk	27 Pepperoni Pizza, Cheese Pizza, Corn Dog, Baby Carrots & Ranch, Garden Side Salad, Fresh Fruit, Choice of Milk
30 Mac & Cheese, Pulled Pork BBQ Sandwich, Pinto Beans, Creamy Cole Slaw, Raisels, Fresh Fruit, Choice of Milk	31 Chicken Enchilada, Beef & Cheese Nachos, Refried Beans, Sliced Peaches, Pineapple Tidbits, Fresh Fruit, Choice of Milk	A PBJ Pack is Also Available Daily (Flavors Vary) Find all menus online at https://www.gcbe.org/page/menus		



ORDER YOUR

YEARBOOK

DEADLINE

\$40
MARCH 20



FCA SPRING HUDDLE SCHEDULE

**JAN
30th**

ALL Grades Invited!
8:00 a.m.
AMS Gym

**FEB
27th**

**MARCH
20th**

**APRIL
24th**



AMS Track & Field

March 21st

Ashworth Invitational

@ GC 9:30 AM



ASHWORTH MIDDLE SCHOOL

**NATIONAL JUNIOR
HONOR SOCIETY**

NJHS[®] MEETING!

MONDAY, MARCH 23RD

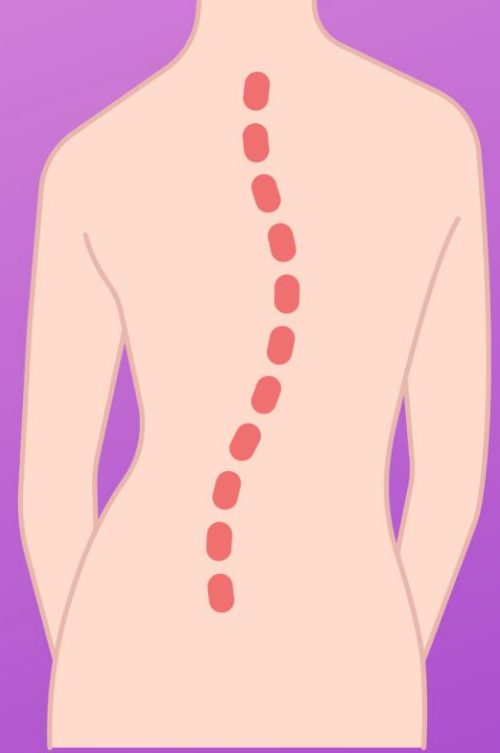
8:30 AM IN THE LUNCHROOM

ALL MEMBERS MUST ATTEND!





scoliosis screening



**Monday, March 23rd
6th & 8th Grade**

**Parents should send an Opt-Out Form
to the school nurse by 3/12 if they
do **NOT** want their student screened.**



AMS Tennis



March 23rd

@ Gladden

GC 4:15 PM

AMS Baseball
March 23rd
vs. Valley Point
@ AMS
4:30 PM



AMS Tennis



**March 24th
@ Pepperell
4:15 PM**

AMS Baseball
March 24th
vs. Gladden
@ AMS
4:45 PM



AMS Track & Field

March 25th

@ Coosa

4:15 PM



**COMING
SOON**

book fair

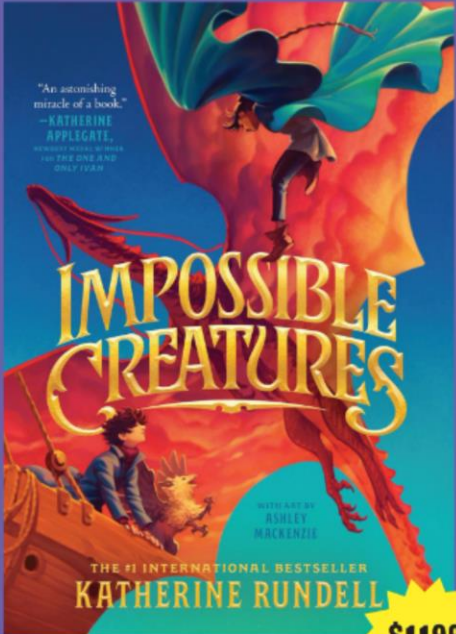
Ashworth Media Center

**MARCH
23 - 27**

SCHOLASTIC

BOOK FAIR

Coming soon to your school!

 HARDCOVER FEARLESS LAUREN ROBERTS \$21⁹⁹	 SCHOLASTIC YEAR IN SPORTS 2026 \$14⁹⁹	 P.S. I Like You KATE WEST \$12⁹⁹	 IMPOSSIBLE CREATURES KATHERINE RUNDELL THE #1 INTERNATIONAL BESTSELLER \$11⁹⁹
 DEEP SECRETS A TITANIC NOVEL NIKKI SHANNON SMITH Why are secrets about the Titanic haunting Colette's nightmares? \$8⁹⁹	 Five Nights at Freddy's ULTIMATE GUIDE 2.0 \$19⁹⁹	 STRANGER THINGS DUNGEONS & DRAGONS GRAPHIC NOVEL SPECIAL PRICE Graphic novel \$16⁹⁹	



Connections Hangout



\$5.00



Friday, March 27



During Connections



AMS Soccer Field

- Enjoy hanging out with friends!
- Play games!
- Concessions will be sold!

AMS Tennis



March 30th

vs. Armuchee

@ GC 4:15 PM

AMS Track & Field

March 31st

@ Chattooga

4:00 PM





EOG MILESTONES & EOC ALGEBRA TESTING

APRIL 28 - MAY 13

***GET PLENTY
OF REST!***



GET TO

SCHOOL ON TIME!



APRIL 28 – MAY 13 TESTING CALENDAR

27

MONDAY

**GET PLENTY
OF REST !**

28

TUESDAY

ELA
Section 1

April

29

WEDNESDAY

ELA
Section 2

30

THURSDAY

ELA
Section 3

May

1

FRIDAY

At-Home
Learning
Day

**GET TO
SCHOOL ON
TIME!**

4

MONDAY

MATH
Section 1

5

TUESDAY

MATH
Section 2

6

WEDNESDAY

8th Grade
SCIENCE
1 & 2

7

THURSDAY

8th Grade
SOC STUDIES
1 & 2

8

FRIDAY

Make-Ups

11

MONDAY

ALGEBRA
EOC 1

12

TUESDAY

ALGEBRA
EOC 2

13

WEDNESDAY

Make-Ups



Ashworth Middle School
Teacher of the Year
2026-27



Savanna
Haynes



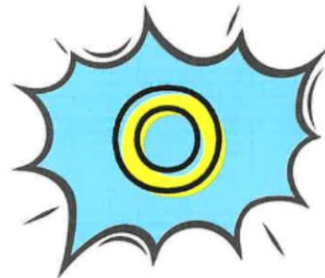


HAVE A HEADACHE?
TRY W.O.W.
BEFORE YOU VISIT THE NURSE



WATER

Take **10** BIG gulps of water



OXYGEN

Take **20** slow, deep breaths



WAIT

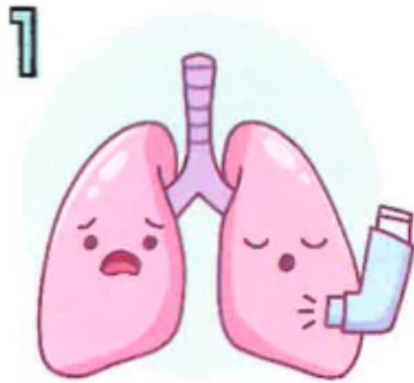
Wait **30** minutes.
Does it feel better?
If it still hurts, tell your teacher



The 10 B's

THAT SHOULD GO SEE THE NURSE

If you're not sure if you should visit the nurse, ask your teacher to help you decide.



**Breathing
Trouble**



BIG Bleeds



Brain Bumps



Broken Bone



BIG Bumps



Barfing



Burning Up



Bee Stings



Burns



**By Doctor's
Order**

I DON'T FEEL WELL. WHEN SHOULD I SEE THE NURSE?

1



I am okay.
I don't know why I am complaining.

2



Something feels off,
but I can make it through the day.

3



I do not feel great, but I can try
some things in class to keep going.

4



I do not feel well.
I think the nurse can help me.

5



I feel horrible.
I think I may need to go home.



SCAN HERE TO...

Find a Book!



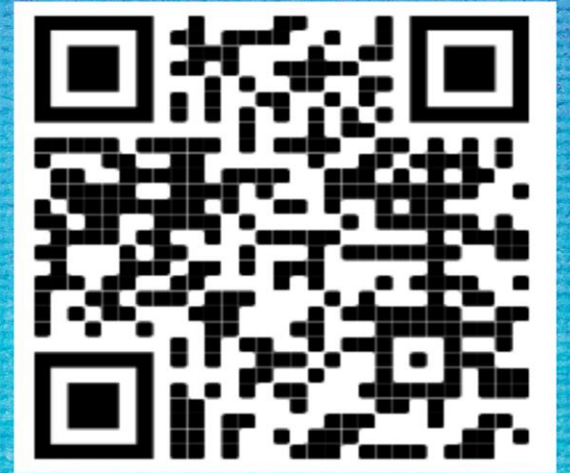
Surpass Cloud

See ALL Media Center
Resources!



AMS Media Center
website

Do Research!



GALILEO



Samaritan's Closet

Need hygiene items, clothing or food?
Scan a QR code and submit a request.
Items will be delivered in Homeroom.

Ashworth is a "Safe Place" for Youth in Crisis.



Safe Place is a national organization for youth under the age of 18, that are experiencing homelessness or who may be in crisis. The program is designed to provide a young person who is homeless with immediate shelter, resources and other basic needs.