





SCHOOL DISTRICT OF PICKENS COUNTY
START YOUR DAY OFF RIGHT!!
Join us for Breakfast!



AR LEWIS OPPORTUNITY SCHOOL MENU September 2017



Menu Subject To Change Depending Upon Availability of Food Items

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy Grandparent's day on the 9th			National Chicken Month	1 Breakfast Assorted Items Lunch BBQ on Bun Baked Beans Fresh Broccoli Florets w/ Dressing Choice of Fruit Friday's on Friday
				
4 Labor Day	5 Breakfast Assorted Items Lunch Taco Salad Lettuce, Diced Tomatoes & Salsa Southwest Corn Black Beans with Diced Red Peppers Choice of Fruit	6 Breakfast Assorted Items Lunch Chicken Pot Pie Comfy Collard Greens Black-eye Peas Choice of Fruit Dinner Roll	7 Breakfast Assorted Items Lunch Palmetto Burger Seasoned French Fries Carrot Sticks w/ ranch dressing Choice of Fruit Riptastic Day	8 Breakfast Assorted Items Lunch Pizza Cherry Tomatoes w/ Dressing Steamed Broccoli w/ Cheese sauce Choice of Fruit
				
11 Breakfast Assorted Items Lunch Chicken Alfredo Glazed Carrots Spring Mix Tossed Salad Choice of Fruit Garlic Breadstick	12 Breakfast Assorted Items Lunch Breaded Mozzarella Cheese Sticks W/ Marinara Dipping Sauce Seasoned Corn Spinach Salad w/ dressing Choice of Fruit	13 Breakfast Assorted Items Lunch Shepard's Pie Roasted Brussel Sprouts Sweet Potatoes Choice of Fruit Dinner Roll	14 Breakfast Assorted Items Lunch Baked Spaghetti w/ Breadstick Spinach Salad w/ Dressing Green Peas Choice of Fruit	15 Breakfast Assorted Items Lunch Hot Ham & Cheese Carrot Sticks Broccoli Slaw Choice of Fruit Friday's on Friday
18 Breakfast Assorted Items Lunch General Tso Chicken Seasoned Rice Glazed Carrots or Sugar Snap Peas Dinner Roll & Fortune Cookie Choice of Fruit	19 Breakfast Assorted Items Lunch Chicken & Waffle Tri Cut Hashbrown Potatoes Cherry Tomatoes w/ Ranch Dressing Choice of Fruit	20 Breakfast Assorted Items Lunch Oven Roasted Chicken Steamed Cabbage Pinto Beans Riptastic Day or Choice of Fruit Dinner Roll	21 Breakfast Assorted Items Lunch Clux Deluxe Day Chicken Nuggets Waffle Fries Broccoli Florets w/ Dressing Choice of Fruit	22 Breakfast Assorted Items Lunch Pizza Spinach Salad w/ Dressing Corn Choice of Fruit
25 Breakfast Assorted Items Lunch Chicken Fajita Wrap Lettuce, Diced Tomatoes & Salsa South West Black Beans Mexi cali corn Choice of Fruit & Brownie	26 Breakfast Assorted Items Lunch Teriyaki Chicken Mashed Potatoes Peas and Carrots Steamed Squash Choice of Fruit & Dinner Roll	27 Breakfast Assorted Items Lunch Sausage Patty Scrambled Eggs Hash Brown Tater Tots Sliced Tomatoes Biscuit Fresh Orange or Choice of Fruit	28 Breakfast Assorted Items Lunch Ravioli Seasoned Corn Spinach Salad w/Ranch Dressing Choice of Fruit Garlic Bread stick	29 Breakfast Assorted Items Lunch Cheeseburger w/ Lettuce & Tomato Slaw Baked Beans Choice of Fruit Frídays on Frídáy



MILK OFFERED DAILY AT BREAKFAST AND LUNCH / FRUIT JUICE OFFERED AT BREAKFAST

GRILLED CHEESE SANDWICHES AND YOGURT PLATES AVAILABLE DAILY AT LUNCH

REMINDER PARENTS: Federal Regulations Do Not Allow Carbonated Beverages in the Cafeteria

USDA REGULATIONS REQUIRE STUDENTS TO TAKE 1/2 CUP FRUIT AT BREAKFAST AND AT LEAST 1/2 CUP FRUIT AND/OR VEGETABLE AT LUNCH TIME