

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

**ALL STUDENTS AT CENTRAL EAT BREAKFAST FOR FREE**

Menu Subject To Change  
 Depending Upon Availability  
 Of Food Items

**CENTRAL ACADEMY MENU September 2018**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy Grandparent's day on the 9th 			<b>National Chicken Month</b> 	
3 <b>HAPPY LABOR DAY</b> <b>Labor Day</b> 	4 <b>Breakfast</b> Chocolate Muffin <b>Chicken Alfredo</b> Baked Lasagna Garlic Breadstick Steamed Broccoli Glazed Carrots Choice of Fruit	5 <b>Breakfast</b> <b>Sausage Biscuit</b> <b>Popcorn Chicken</b> Salisbury Steak Mashed Potatoes Roasted Brussel Sprouts Steamed Squash and Zucchini Choice of Fruit & Dinner Roll	6 <b>Breakfast</b> Chocolate Chip French Toast <b>Lunch</b> Italian Pizza Adysen's BLT Salad w/ Grilled Cheese Croutons Baby Carrots with Ranch Seasoned Corn Choice of Fruit	7 <b>Breakfast</b> Cinnamon Roll <b>Lunch</b> BBQ Sandwich Fishy Fish Sandwich Baked Beans Spinach Salad w/ Dressing Choice of Fruit <b>TGIF on Friday</b>
10 <b>Breakfast</b> Pancakes <b>Lunch</b> <b>Oven BBQ Baked Chicken</b> Baked Pork Chop Steamed Green Beans Sweet Potatoes Choice of Fruit Dinner Roll	11 <b>Breakfast</b> Chicken Biscuit <b>Lunch</b> Mexican Burrito Bowl Cheese Quesadilla Seasoned Corn Black Beans with Diced Red Peppers Choice of Fruit	12 <b>Breakfast</b> Breakfast Pizza <b>Lunch</b> <b>Chicken Pot Pie</b> Country Fried Steak w/Gravy Comfy Collard Greens Pinto Beans Choice of Fruit Dinner Roll	13 <b>Breakfast</b> Blueberry Muffin <b>Lunch</b> <b>Palmetto Burger</b> Honey Rib A Que Sandwich Seasoned Potato Wedges Carrot Sticks w/ Ranch Dressing Choice of Fruit	14 <b>Breakfast</b> Cinni Minnis <b>Lunch</b> Pizza Meatball Sub Baked Beans Spinach Salad w/ Dressing Choice of Fruit
17 <b>Breakfast</b> Pancakes <b>Lunch</b> Baked Spaghetti Baked Ravioli in Marinara Sauce Veggie Cup w/ Dressing Steamed Broccoli w/ Cheese Sauce <b>Riptastic Day</b> or Choice of Fruit Garlic Breadstick	18 <b>Breakfast</b> Sausage Biscuit <b>Lunch</b> National Cheeseburger Day BBQ Sandwich  Cole Slaw Baked Beans Choice of Fruit Choice of Fruit	19 <b>Breakfast</b> Powdered Donuts <b>Lunch</b> <b>Popcorn Chicken</b> Fish Nuggets Garlic Breadstick Mashed Potatoes Green Beans Choice of Fruit	20 <b>Breakfast</b> Pop Tarts <b>Lunch</b> Italian Pizza Corn Dog Baby Carrots with Ranch Seasoned Corn Choice of Fruit	21 <b>Breakfast</b> Cinnamon Roll <b>Lunch</b> <b>Chicken Fillet Sandwich</b> Philly Cheese Steak Sub Spinach Salad w/Ranch Dressing Broccoli Slaw Choice of Fruit <b>TGI Friday's</b>
24 <b>Breakfast</b> Grape Filled Crescent Roll <b>Lunch</b> <b>Chicken Alfredo</b> Country Fried Steak w/Gravy Green Beans Seasoned Corn Choice of Fruit Garlic Breadstick	25 <b>Breakfast</b> Pancake Pup <b>Lunch</b> Sausage Patty or Canadian Bacon Scrambled Eggs Hash Brown Tater Tots Sliced Tomatoes 2 Pancakes w/ Syrup Fresh Orange or Choice of Fruit	26 <b>Breakfast</b> Pancakes <b>Lunch</b> <b>Oven Fried Chicken</b>  Ham & Macaroni Au Gratin Steamed Broccoli w/ Cheese Pinto Beans Choice of Fruit <b>Brownie</b>	27 <b>Breakfast</b> Chocolate Chip French Toast <b>Lunch</b> <b>Poppin Potato Bowl</b> <b>Teriyaki Chicken with Rice</b> Peas and Carrots Steamed Yellow Squash and Zucchini Choice of Fruit & Dinner Roll	28 <b>Breakfast</b> Cinni Minnis <b>Lunch</b> Italian Pizza BBQ Sandwich Carrot Sticks w/ Dressing Spinach Salad w/Ranch Dressing Choice of Fruit

**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**

School District of Pickens County Proudly Supports Locally Grown/Certified Produce Farmers

**USDA IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER**