DUNTY

National School Lunch Week
October 12-16, 2020
Now Playing: School Lunch!
Your Ticket to Good Nutrition #NSLW2020

LIBERTY PRIMARY SCHOOL

Menu subject to change according to availability of food

Pickens County Proudly Supports SC Locally Grown Certified Produce/Farms

FALL IS IN THE AIR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 **Breakfast** Ham & Cheese on Hawaiian Roll **Lunch** Baked Spaghetti w/ a Breadstick Breaded Ravioli w/ Dipping Sauce Succotash Steamed Broccoli w/ Cheese Sauce Choice of Fruit	2 **Breakfast** French Toast Sticks **Lunch** Italian Pizza or BBQ Sandwich Smiley Fries Spinach Saladw/Ranch Dressing **FROZEN FRUIT FRIDAY or** Choice of Fruit
5 **Breakfast** Chocolate Muffin & Cheese stick **Lunch** Homemade Chicken Pot Pie Country Style Breaded Steak w/Gravy Mashed Potatoes Black-Eyed Peas or Collard Greens Dinner Roll & Choice of Fruit	6 **Breakfast** Pancake Pup **Lunch** Tangerine Chicken or Teriyaki Beef Blasters Seasoned Rice Glazed Carrots or Oriental Veggies Dinner Roll, Choice of Fruit & **Fortune Cookie**	7 **Breakfast** Cinnamon Toast Soft Baked Bar **Lunch** Baked Ham or Salisbury Steak Macaroni & Cheese Sweet Potatoes or Green Beans Choice of Fruit & Dinner Roll	8 **Breakfast** Breakfast Pizza **Lunch** Popcorn Chicken w/ Breadstick Pig in A Blanket Carrot Sticks or Spinach Salad w/ Ranch Dressing Choice of Fruit	9 **Breakfast** Powdered Donuts **Lunch** Italian Pizza Mozzarella Cheese Sticks w/ Sauce Spiral Fries or Baked Beans **FROZEN FRUIT FRIDAY or** Choice of Fruit
12 NO SCHOOL 	13 **Breakfast** Sausage Biscuit **Lunch** Turkey Roast & Gravy or Salisbury Steak w/ Gravy Mashed Potatoes Steamed Broccoli or Peas & Carrots Choice of Fruit & Dinner Roll **Brownie**	14 **Breakfast** Strawberry Pancakes **Lunch** Walking Taco or Chicken Fajitas Lettuce, Cheese & Salsa Black Beans w/ Red Peppers Mexicali Corn Choice of Fruit & **Cookie**	15 **Breakfast** Breakfast Pizza **Lunch** Sausage Patty or Chicken Patty Scrambled Eggs & Cheese Grits Cherry Tomatoes w/ Dressing or Tri Potatoes 2 Pancakes Choice of Fruit or **Fruit Juice**	16 **Breakfast** Chicken Biscuit **Lunch** Italian Pizza or Chicken Sandwich Spinach Salad w/Ranch Dressing or Green Beans Choice of Fruit **FROZEN FRUIT FRIDAY "Riptastic Day"**
19 **Breakfast** Ham & Cheese on a Hawaiian Roll **Lunch** Poppin' Chicken Bowl w/ Breadstick Sloppy Joes Baked Beans English Peas Choice of Fruit	20 **Breakfast** Ultimate Breakfast Round **Lunch** Baked Fish Filet or Sheppard's Pie Collard Greens Glazed Carrots Choice of Fruit Dinner Roll	21 **Breakfast** Chicken Biscuit **Lunch** Turkey & Cheese Wedge Sandwich Hot Ham and Cheese Sandwich Fresh Broccoli Florets w/ Dressing Lima Beans Choice of Fruit	22 **Breakfast** Sausage Biscuit **Lunch** Cheeseburger with Lettuce & Tomato Hot Dog w/ Chili Cole Slaw or Sweet Potato Fries Choice of Fruit	23 **Breakfast** Cinnamon Bread **Lunch** Italian Pizza or Beans and Franks with a Breadstick Seasoned Corn or Tater Tots **FROZEN FRUIT FRIDAY or** Choice of Fruit
26 **Breakfast** Waffles **Lunch** Bird Dog or Taco Stick Celery Sticks w/ Dressing or Homemade Hummus Served with Tortilla Chips Choice of Fruit	27 **Breakfast** Cinnamon Roll **Lunch** Baked Pork Chop or Teriyaki Chicken Mashed Potatoes Black-eyed Peas or Steamed Broccoli Dinner Roll or Choice of Fruit	28 **Breakfast** Pop tart **Lunch** Meatball Sub Cheesy Hot Dog Cole Slaw or Sweet Potato Fries Choice of Fruit	29 **Breakfast** Blueberry Muffin & Cheese stick **Lunch** Chicken Alfredo with a Breadstick Philly Cheese Steak Sub Seasoned Corn or Spinach Salad w/ Dressing Choice of Fruit	30 **Breakfast** Sausage Biscuit **Lunch** Italian Pizza or Corn Dog Baked Beans Spiral Fries **FROZEN FRUIT FRIDAY** or Choice of Fruit

NATIONAL SCHOOL LUNCH WEEK

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

GRILLED CHEESE SANDWICHES & YOGURT PLATES AVAILABLE DAILY AT LUNCH

USDA REGULATIONS REQUIRE STUDENTS TO TAKE AT LEAST 1/2 CUP FRUIT AT BREAKFAST

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

This Institution is an Equal Opportunity Provider