



National School Lunch Week October 9-13, 2017 "Recipes for Success"



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu subject to change according to availability of food				
		Pickens County Proudly Supports SC Locally Grown Certified Produce/Farms		
FALL IS IN THE AIR 				
2 Breakfast Pumpkin Bread Lunch Popcorn Chicken or Crunchy Fish Filet Cole Slaw English Peas Bread Stick Choice of Fruit	3 Breakfast Dutch Waffle Lunch Lasagna Ham & Cheese Macaroni AuGratin Green Beans Spinach Salad w/ Dressing Breadstick Choice of Fruit	4 Breakfast Pancake Pup Lunch National Taco Day Taco Salad or Baja Fish Taco Lettuce, Tomato, Cheese & Salsa Black Beans w/ Red Peppers Mexicali Corn Choice of Fruit or Fruited Jell-O	5 Breakfast Chicken Biscuit Lunch Baked Hawaiian Ham or Salisbury Steak Mashed Potatoes Glazed Carrots or Turnip Greens Riptastic Day or Choice of Fruit & Dinner Roll	6 Breakfast French Toast w/Syrup Lunch Italian Pizza Meatball Sub Smiley Fries Carrot Sticks w/ Dressing or Choice of Fruit It's World Smile Day!
9 Breakfast Chocolate Muffin Lunch Chicken Alfredo Baked Lasagna Seasoned Corn or Turnip Greens Breadstick & Choice of Fruit	10 Breakfast Chocolate Chip Breakfast Round Lunch Tangerine Chicken or Country Style Steak Seasoned Rice Glazed Carrots or Oriental Vegetables Choice of fruit & Fortune Cookie	11 Breakfast Breakfast Breakfast Pizza Lunch Baked Pork Chop Baked Popcorn Chicken Macaroni & Cheese Sweet Potatoes or Green Beans Choice of Fruit & Brownie	12 Breakfast Mini Powdered Donuts Lunch Italian Pizza Fishy Fish Sandwich Curly Fries Baked Beans Choice of Fruit	13 Breakfast Pork Chop Biscuit Lunch Palmetto Burger Sub Sandwich Carrot Sticks or Spinach Salad w/Ranch Dressing Friday's on Friday
16 No School Lunch 	17 Breakfast Pancake Pup Lunch Spaghetti W/ Meatballs Cheesy Stuffed Shells in Cheese Sauce Glazed Carrots or Spinach Salad Garlic Breadstick or Choice of Fruit National Pasta Day	18 Breakfast Chocolate Chip Breakfast Round Lunch Soup of The Day Turkey Sandwich Ham and Cheese Sandwich Green Beans or Seasoned Corn Choice of Fruit	19 Breakfast Breakfast Pizza Bagel Lunch Chicken Alfredo Baked Ravioli Steamed Broccoli or Pea & Carrots Choice of Fruit & Breadstick	20 Breakfast Twin Mini Sausage Biscuits Lunch Italian Pizza or Sub Sandwich Carrot Sticks w/ Dressing or Lima Beans Choice of Fruit
Red Ribbon Week: "Your Future is Key so Stay Drug Free"				
23 Breakfast Blueberry Muffin Lunch Chicken Patty or Diced Ham Egg & Cheese Omelet & Cheese Grits Cherry Tomatoes w/ Dressing or Tater Tots 2 Pancakes Choice of Fruit or Apple Juice	24 Breakfast Dutch Waffle Lunch Teriyaki Beef Blasters or Pork Chop Mashed Potatoes Green Beans or Glazed Carrots Strawberry Kiwi "Riptastic Day" or Choice of Fruit Fresh Baked Dinner Roll	25 Breakfast Carolina Chicken Biscuit Lunch BBQ on Bun or Ambler Burger Baked Beans or Broccoli Florets w/ Dressing Rosey Red Applesauce or Choice of Fruit	26 Breakfast Steak Biscuit Lunch Pizza BBQ Riblet Sandwich Seasoned Corn or Spinach Salad w/ Dressing Red Grapes or Choice of Fruit	27 Breakfast Cinnamon Bread Lunch Cheeseburger or James Ham & Cheese Pinwheel Salad Cole Slaw or Sweet Potato Fries Red Delicious Apples or Choice of Fruit Friday's on Friday
30 Breakfast Pancakes w/ Syrup Lunch Popcorn Chicken Country Style Steak w/ Gravy Mashed Potatoes Pinto Beans or Steamed Cabbage Dinner Roll Watermelon Raisels or Choice of Fruit	31 Breakfast Pop Tart Lunch Bird Dog or Corn Dog Celery Sticks or Smiley Fries Strawberries or Choice of Fruit	Red Ribbon Week October 23-31, 2017 		
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				
REMINDER PARENTS: Federal Regulations Do Not Allow Carbonated Beverages in the Cafeteria				
USDA REGULATIONS REQUIRE STUDENTS TO TAKE AT LEAST 1/2 CUP FRUIT AND/OR VEGETABLE AT LUNCH TIME				