



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 French Toast Lunch Popcorn Chicken or Fish Nuggets Carrot Sticks w/ Dressing or English Peas Bread Stick Choice of Fruit	3 Breakfast Blueberry Waffles Lunch Teriyaki Beef Blasters Baked Ravioli Green Beans or Fresh Veggie Cup w/ Dressing Choice of Fruit	4 Breakfast Pancake Pup Lunch National Taco Day Taco Salad or Cheese Quesadilla Lettuce, Tomato, Cheese & Salsa Black Beans w/ Red Peppers Seasoned Corn Choice of Fruit or Fruited Jell-O	5 Breakfast Carolina Chicken Biscuit Lunch Baked Pork Chop or Meatloaf Mashed Potatoes Tomatoes & Okra or Collard Greens Riptastic Day or Choice of Fruit & Dinner Roll	6 Breakfast Cinnamon Roll Lunch Italian Pizza or BBQ Sandwich ☺Smiley Fries☺ Spinach Salad Choice of Fruit It's World Smile Day!
9 Breakfast Chocolate Muffin Lunch Cheesy Macaroni and Franks Baked Lasagna Seasoned Corn or Collard Greens Breadstick & Choice of Fruit	10 Breakfast Breakfast Pizza Lunch Tangerine Chicken or Teriyaki Beef Blasters Seasoned Rice Glazed Carrots or Oriental Vegetables Choice of fruit & Fortune Cookie	11 Breakfast Cherry Frudel Lunch Country Fried Breaded Steak or Breaded Baked 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 Cinni Minnis Lunch Palmetto Burger Chicken Fillet Sandwich Carrot Sticks or Spinach Salad w/Ranch Dressing Friday's on Friday
↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓				
→ Red Ribbon Week: "Your Future is Key so Stay Drug Free" ←				
16 No School Lunch	17 Breakfast Pancake Pup Lunch Baked Spaghetti or Cheesy Stuffed Shells in Alfredo Sauce Glazed Carrots or Lima Beans Garlic Breadstick or Choice of Fruit National Pasta Day	18 Breakfast Twin Mini Sausage Biscuits Lunch Soup of The Day Turkey Sandwich Hot Ham and Cheese Sandwich Green Beans or Seasoned Corn Choice of Fruit	19 Breakfast Breakfast Pizza Bagel Lunch Turkey Roast & Gravy or Baked Fish Fillet Seasoned Rice Steamed Broccoli or Pea & Carrots Choice of Fruit & Dinner Roll	20 Breakfast Cinnamon Roll Lunch Italian Pizza or Meatball Sub Carrot Sticks w/ Dressing or Spinach Salad Choice of Fruit
23 Breakfast Blueberry Muffin Lunch James Ham & Cheese Pinwheel Salad Sloppy Joes Baked Beans or Sweet Potato Fries Rosey Red Applesauce or Choice of Fruit	24 Breakfast Pancakes Lunch Popcorn Chicken or Baked Pork Chop Mashed Potatoes Green Beans or Glazed Carrots Strawberry Kiwi "Riptastic Day" or Choice of Fruit Fresh Baked Dinner Roll	25 Breakfast Breakfast Pizza Lunch Sausage Patty or Chicken Patty Egg & Cheese Omelet & Cheese Grits Cherry Tomatoes w/ Dressing or Tater Tots 2 Pancakes Choice of Fruit or Apple Juice	26 Breakfast Dutch Waffle Lunch Pizza Lunchable Chicken Fillet Sandwich Seasoned Corn or Spinach Salad w/ Dressing Red Grapes or Choice of Fruit	27 Breakfast Cinni Minnis Lunch Hot Dog w/ Chili or BBQ Sandwich Cole Slaw Baked Beans Red Delicious Apples or Choice of Fruit Friday's on Friday
30 Breakfast Blueberry Waffle Lunch Bird Dog or Corn Dog Baby Carrots or Homemade Hummus Served with Chips Strawberries or Choice of Fruit	31 Breakfast Pop Tart Lunch Oven Roasted Chicken Salisbury Steak w/ Gravy Mashed Potatoes Pinto Beans or Steamed Cabbage Dinner Roll Watermelon Raisels 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				