



# 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				
		<b>Pickens County Proudly Supports SC Locally Grown Certified Produce/Farms</b>		
2 <b>Breakfast</b> PopTart <b>Lunch</b> Popcorn Chicken or Fish Nuggets Carrot Sticks w/ Dressing or English Peas Bread Stick Choice of Fruit	3 <b>Breakfast</b> Powdered Donuts <b>Lunch</b> Pizza Hoagie Baked Ravioli w/ Breadstick Lima Beans Spinach Salad w/ Dressing Choice of Fruit	4 <b>Breakfast</b> Breakfast Pizza Bagel <b>Lunch</b> <b>National Taco Day</b> Taco Salad or Chicken Taco Lettuce, Tomato, Cheese & Salsa Fiesta Rice Fiesta Black Beans or Mexicali Corn Choice of Fruit or Fruited Jell-O	5 <b>Breakfast</b> Chicken Biscuit <b>Lunch</b> Baked Hawaiian Ham or Turkey & Gravy Mashed Potatoes Blackeyed Peas or Collard Greens Riptastic Day or Choice of Fruit & Dinner Roll	6 <b>Breakfast</b> Chocolate Chip Ultimate Round <b>Lunch</b> Italian Pizza or BBQ Sandwich Smiley Fries or Cherry Tomatos w/ Ranch Dressing Choice of Fruit It's World Smile Day!
9 <b>Breakfast</b> Chocolate Muffin	10 <b>Breakfast</b> Breakfast Pizza	11 <b>Breakfast</b> Fruit Pocket	12 <b>Breakfast</b> Mini Powdered Donuts	13 <b>Breakfast</b> Chocolate Chip Ultimate Round
↓ ↓ ↓ ↓ ↓ NATIONAL SCHOOL LUNCH WEEK ↓ ↓ ↓ ↓ ↓				
<b>Lunch</b> Chicken Alfredo Baked Ravioli Blackeyed Peas or Broccoli w/Cheese Sauce Breadstick & Choice of Fruit	<b>Lunch</b> Tangerine Chicken or Teriyaki Beef Blasters Seasoned Rice Glazed Carrots or Steamed Cabbage Choice of fruit & Fortune Cookie	<b>Lunch</b> Pork Chop or Chicken Nuggets Macaroni & Cheese Baked Sweet Potato or Green Beans Choice of Fruit & Brownie	<b>Lunch</b> Italian Pizza Fishy Fish Sandwich Curly Fries Baked Beans Choice of Fruit	<b>Lunch</b> Palmetto Burger Chicken Ranch Wrap Carrot Sticks or Spinach Salad w/Ranch Dressing Friday's on Friday
16 <b>No School</b>	17 <b>Breakfast</b> Muffin <b>Lunch</b> Chicken Alfredo or Cheesy Stuffed Shells in Alfredo Sauce Glazed Carrots or Spinach Salad Garlic Breadstick or Choice of Fruit National Pasta Day	18 <b>Breakfast</b> Poptart <b>Lunch</b> Soup of The Day Tater Rito Hot Ham and Cheese Sandwich Green Beans or Seasoned Corn Choice of Fruit	19 <b>Breakfast</b> Breakfast Pizza Bagel <b>Lunch</b> Turkey Roast & Gravy or Baked Ham Seasoned Rice Steamed Broccoli or Pea & Carrots Choice of Fruit & Dinner Roll	20 <b>Breakfast</b> Twin Mini Sausage Biscuits <b>Lunch</b> Italian Pizza or Chicken Filet Sandwich Veggie Cup w/ Ranch Dressing or Lima Beans Choice of Fruit
↔ Red Ribbon Week: "Your Future is Key so Stay Drug Free" ↔				
Blueberry Muffin <b>Lunch</b> James Ham & Cheese Pinwheel Salad Chicken Nuggets w/ Roll Baked Beans or Broccoli Florets w/ Dressing Rosey Red Applesauce or Choice of Fruit	Powdered Donuts <b>Lunch</b> Baked Fish Filet or Country Fried Steak Mashed Potatoes Green Beans or Glazed Carrots Strawberry Kiwi "Riptastic Day" or Choice of Fruit Fresh Baked Dinner Roll	Carolina Chicken Biscuit <b>Lunch</b> Sausage Patty or Breakfast Steak Egg & Cheese Omelet & Cheese Grits Cherry Tomatoes w/ Dressing or Tri Taters 2 Pancakes Choice of Fruit or Apple Juice	Cinnamon Bread <b>Lunch</b> Pizza Lunchable BBQ Riblet Sandwich Seasoned Corn or Spinach Salad w/ Dressing Strawberries or Choice of Fruit	Chocolate Chip Ultimate Round <b>Lunch</b> Cheeseburger or Chicken Filet Sandwich Cole Slaw Sweet Potato Fries Red Grapes or Choice of Fruit Friday's on Friday
30 <b>Breakfast</b> Pop Tart <b>Lunch</b> Bird Dog or Corn Dog Celery Sticks or Homemade Hummus Served with Chips Red Delicious Apples or Choice of Fruit	31 <b>Breakfast</b> Breakfast Pizza <b>Lunch</b> Fish Sticks or BBQ Seasoned Rice Pinto Beans or Steamed Cabbage Dinner Roll Watermelon Raisels or Choice of Fruit	<b>Red Ribbon Week October 23-31, 2017</b> 		
<b>MILK OFFERED DAILY AT BREAKFAST AND LUNCH / FRUIT JUICE AND COLD CEREALS AT BREAKFAST</b>				
<b>GRILLED CHEESE SANDWICHES &amp; YOGURT PLATES AVAILABLE DAILY AT LUNCH</b>				
<b>USDA REGULATIONS REQUIRE STUDENTS TO TAKE AT LEAST 1/2 CUP FRUIT AT BREAKFAST</b>				
<b>REMINDER PARENTS: Federal Regulations Do Not Allow Carbonated Beverages in the Cafeteria</b>				
<b>USDA REGULATIONS REQUIRE STUDENTS TO TAKE AT LEAST 1/2 CUP FRUIT AND/OR VEGETABLE AT LUNCH TIME</b>				