




# 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> Cinnamon Roll	3 <b>Breakfast</b> Dutch Waffle	4 <b>Breakfast</b> Pancake Pup	5 <b>Breakfast</b> Chicken Biscuit	6 <b>Breakfast</b> French Toast w/Syrup
<b>Lunch</b> Popcorn Chicken w/Breadstick or Corn Dog Carrot Sticks w/ Dressing or English Peas Choice of Fruit <b>Dirt Cup Day</b>	<b>Lunch</b> Breaded Mozzarella Cheese Sticks w/ Marinara Dipping Sauce Baked Ravioli Green Beans Spinach Salad w/ Dressing Choice of Fruit	 <b>Lunch</b> <b>National Taco Day</b> Taco Salad or Chicken Fajita Wrap Lettuce, Tomato, Cheese & Salsa Black Beans w/ Red Peppers Mexicali Corn Choice of Fruit or Fruited Jell-O	<b>Lunch</b> Baked Hawaiian Ham or Meatloaf Mashed Potatoes Tomatoes & Okra or Collard Greens <b>Riptastic Day</b> or Choice of Fruit & Dinner Roll	<b>Lunch</b> Italian Pizza or BBQ Sandwich  <b>Smiley Fries</b> or Fresh Veggie Cup w/ Dressing Choice of Fruit <b>It's World Smile Day!</b>
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> Pork Chop Biscuit
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<b>Lunch</b> Chicken Alfredo Baked Lasagna Seasoned Corn or Collard Greens Breadstick & Choice of Fruit	<b>Lunch</b> Tangerine Chicken or Teriyaki Beef Blasters Seasoned Rice Glazed Carrots or Oriental Vegetables Choice of fruit & Fortune Cookie	<b>Lunch</b> Pork Chop or Breaded Baked Chicken Macaroni & Cheese Sweet Potatoes or Green Beans Choice of Fruit & Brownie	<b>Lunch</b> Italian Pizza BBQ Riblet Sandwich Curly Fries Baked Beans Choice of Fruit	<b>Lunch</b> Palmetto Burger Sub Sandwich Carrot Sticks or Spinach Salad w/Ranch Dressing Friday's on Friday
16 <b>No School</b>	17 <b>Breakfast</b> Pancake Pup	18 <b>Breakfast</b> Fruit Pocket	19 <b>Breakfast</b> Breakfast Pizza Bagel	20 <b>Breakfast</b> Twin Mini Sausage Biscuits
 <b>Lunch</b> Baked Spaghetti or Cheesy Stuffed Shells in Alfredo Sauce Glazed Carrots or Spinach Salad Garlic Breadstick or Choice of Fruit <b>National Pasta Day</b>	<b>Lunch</b> Baked Spaghetti or Cheesy Stuffed Shells in Alfredo Sauce Glazed Carrots or Spinach Salad Garlic Breadstick or Choice of Fruit <b>National Pasta Day</b>	<b>Lunch</b> Soup of The Day Turkey Sandwich Hot Ham and Cheese Sandwich Green Beans or Seasoned Corn Choice of Fruit	<b>Lunch</b> Turkey Roast & Gravy or Salisbury Steak w/ Gravy Seasoned Rice Steamed Broccoli or Pea & Carrots Choice of Fruit & Dinner Roll	<b>Lunch</b> Italian Pizza or Meatball Sub Carrot Sticks w/ Dressing or Lima Beans Choice of Fruit
↔ <b>Red Ribbon Week: "Your Future is Key so Stay Drug Free"</b> ↔				
23 <b>Breakfast</b> Blueberry Muffin	24 <b>Breakfast</b> Dutch Waffle	25 <b>Breakfast</b> Carolina Chicken Biscuit	26 <b>Breakfast</b> Steak Biscuit	27 <b>Breakfast</b> Cinnamon Bread
<b>Lunch</b> James Ham & Cheese Pinwheel Salad Sloppy Joes Baked Beans or Broccoli Florets w/ Dressing <b>Rosey Red Applesauce</b> or Choice of Fruit	<b>Lunch</b> Baked Chicken or Baked Pork Chop Mashed Potatoes Green Beans or Glazed Carrots <b>Strawberry Kiwi "Riptastic Day"</b> or Choice of Fruit Fresh Baked Dinner Roll	<b>Lunch</b> Sausage Patty or Diced Ham Egg & Cheese Omelet & Cheese Grits Cherry Tomatoes w/ Dressing or Tater Tots 2 Pancakes Choice of Fruit or <b>Apple Juice</b>	<b>Lunch</b> Pizza Lunchable BBQ Riblet Sandwich Seasoned Corn or Spinach Salad w/ Dressing <b>Red Grapes</b> or Choice of Fruit	<b>Lunch</b> Cheeseburger or Hot Dog w/ Chili Cole Slaw Sweet Potato Fries <b>Red Delicious Apples</b> or Choice of Fruit <b>Friday's on Friday</b>
30 <b>Breakfast</b> Pancakes w/ Syrup	31 <b>Breakfast</b> Pop Tart	<b>Red Ribbon Week October 23-31, 2017</b>		
<b>Lunch</b> Bird Dog or Corn Dog Celery Sticks or Homemade Hummus Served with Chips <b>Strawberries</b> or Choice of Fruit	 <b>Lunch</b> Oven Roasted Chicken Country Style Steak w/ Gravy Mashed Potatoes Pinto Beans or Steamed Cabbage Dinner Roll <b>Watermelon Raisels</b> or Choice of Fruit			
<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>				