











# National School Lunch Week October 9-13, 2017

"RECIPES FOR SUCCESS"



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Menu subject to change depending upon availability of food Pickens County Proudly Supports SC Locally Grown Certified Produce/Farms Smart Mouth Pizza Sold on the Following Days: Tuesday &amp; Thursday</p>				<p><b>Fall is in the Air!!</b></p> 
<p>2 <b>Breakfast</b> Dutch Waffle</p> <p><b>Lunch</b> Italian Cheese Sticks &amp; Marinara Popcorn Chicken w/ Breadstick Cole Slaw or Baked Beans Choice of Fruit</p>	<p>3 <b>Breakfast</b> Cheese Omelet, Grits &amp; Toast</p> <p><b>Lunch</b> Pork Chop or Country Style Steak w/ Gravy Mashed Potatoes Steamed Broccoli w/ Cheese Sauce Glazed Carrots Dinner Roll &amp; Choice of Fruit</p>	<p>4 <b>Breakfast</b> <b>Carolina Chicken Biscuit</b></p> <p><b>Lunch</b>  <b>Baja Fish Tacos</b>  or Taco Salad Lettuce, Tomato, Cheese and Salsa <b>Fiesta Beans &amp; Corn</b> Choice of Fruit <b>National Taco Day</b></p>	<p>5 <b>Breakfast</b> Chocolate Chip Breakfast Round</p> <p><b>Lunch</b> Baked Ravioli or Chicken Alfredo Spinach Salad w/Ranch Dressing or Seasoned Green Beans Choice of Fruit Garlic Bread Stick</p>	<p>6 <b>Breakfast</b> Sausage &amp; Gravy Biscuit</p> <p><b>Lunch</b> Buffalo Chicken Wrap or Seafood Basket Carrot Sticks w/ Dressing  <b>Smiley Fries</b>  Choice of Fruit <b>It's World Smile Day!!!</b></p>
<p>9 <b>Breakfast</b> Fruit Strudel</p> <p><b>Lunch</b> Palmetto Burger or BBQ Sandwich Carrot Sticks w/ Dressing or Broccoli with Cheese Sauce Choice of Fruit</p>	<p>10 <b>Breakfast</b> Cinnamon Roll</p> <p><b>Lunch</b> Chicken Pot Pie or Hawaiian Baked Ham Mashed Potatoes Seasoned Corn or Comfy Collard Greens Choice of Fruit &amp; Dinner Roll</p>	<p>11 <b>Breakfast</b> Waffle w/Syrup &amp; Sausage</p> <p><b>Lunch</b> Turkey Roast with Gravy or Teriyaki Chicken Seasoned Rice Sweet Potatoes or Sugar Snap Peas Dinner Roll &amp; Choice of Fruit</p>	<p>12 <b>Breakfast</b> Breakfast Pizza</p> <p><b>Lunch</b> Salisbury Steak or Oven Roasted Baked Chicken Mashed Potatoes w/ Gravy Steamed Cabbage or Pinto Beans Dinner Roll &amp; Choice of Fruit</p>	<p>13 <b>Breakfast</b> Sausage &amp; Gravy Biscuit</p> <p><b>Lunch</b> Hot Dog w/Chili or Cheeseburger w/ Lettuce &amp; Tomato Baked Beans or Cole Slaw Choice of Fruit <b>Fiday's on Friday</b></p>
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<p>16 <b>NO SCHOOL</b></p> 	<p>17 <b>Breakfast</b> Pork Chop Biscuit Baked Lasagna Ham and Macaroni Au Gratin Carrot Sticks or Spinach Salad w/ Dressing Choice of Fruit Breadstick <b>National Pasta Day</b></p>	<p>18 <b>Breakfast</b> Powdered Donuts</p> <p><b>Lunch</b> Scrambled Eggs &amp; Cheese Grits Sausage Patty or Diced Ham Sliced Tomato or Tater Tots 2 Pancakes Choice of Fruit</p>	<p>19 <b>Breakfast</b> Pancake Pup w/Syrup</p> <p><b>Lunch</b> Baked Spaghetti or Breaded Mozzarella Cheese Sticks w/ Marinara Dipping Sauce Green Beans or Steamed Squash Garlic Breadstick &amp; Choice of Fruit</p>	<p>20 <b>Breakfast</b> Sausage &amp; Gravy Biscuit</p> <p><b>Lunch</b> General Tso's Chicken Teriyaki Beef Blasters Seasoned Rice Steamed Broccoli or Black Eyed Peas Choice of Fruit and Dinner Roll</p>
<p>↔ <b>Red Ribbon Week: "Your Future is Key so Stay Drug Free"</b> ↔</p>				
<p>23 <b>Breakfast</b> Twin Mini Sausage Biscuits</p> <p><b>Lunch</b> Jessah's Avocado Chicken Salad Sand Rib-B-Que Sandwich Baked Beans or Cole Slaw <b>Red Grapes</b> or Choice of Fruit</p>	<p>24 <b>Breakfast</b> Dutch Waffle</p> <p><b>Clux Deluxe Day</b> Chicken Sandwich or Chicken Nuggets w/ Breadstick Lettuce &amp; Tomato Waffle Fries or Carrot Sticks <b>Strawberry Kiwi Riptastic Day</b> or Choice of Fruit</p>	<p>25 <b>Breakfast</b> Steak Biscuit</p> <p><b>Lunch</b> Soup of the Day Turkey Sandwich or Hot Ham &amp; Cheese Sandwich Roasted Brussel Sprouts or Corn <b>Red Delicious Apples</b> or Choice of Fruit</p>	<p>26 <b>Breakfast</b> Breakfast Bagel Pizza</p> <p><b>Lunch</b> Breaded Baked Chicken Chicken or Oven Crunch Baked Fish Filet Sweet Potatoes or Collard Greens <b>Brownie</b> <b>Strawberries</b> or Choice of Fruit</p>	<p>27 <b>Breakfast</b> Sausage &amp; Gravy Biscuit</p> <p><b>Lunch</b> Bird Dog or Fish Sticks Carrot Sticks or Broccoli with Cheese Sauce <b>Watermelon Raisels</b> or Choice of Fruit <b>Fiday's on Friday</b></p>
<p>30 <b>Breakfast</b> Cinnamon Bread</p> <p><b>Lunch</b> Sampler Platter Chilli Cheese Fries w/ Fritos Seasoned Corn or Carrot Sticks w/Dressing <b>Rosey Red Applesauce</b> or Choice of Fruit</p>	<p>31 <b>Breakfast</b> Fruit Pocket</p> <p><b>Lunch</b>  Chicken &amp; Waffles Baked Ham w/ Biscuit Cherry Tomatoes w/ Dressing or Tater Tots <b>Apple Juice</b> or Choice of Fruit</p> 	<p><b>RED RIBBON WEEK OCTOBER 23-31, 2017</b></p> 		
<p><b>MILK OFFERED DAILY AT BREAKFAST AND LUNCH / FRUIT JUICE AND COLD CEREALS AT BREAKFAST</b></p> <p><b>USDA REGULATIONS REQUIRE STUDENTS TO TAKE AT LEAST 1/2 CUP FRUIT AT BREAKFAST</b></p> <p><b>PEANUT BUTTER &amp; JELLY SANDWICHES AND YOGURT PLATES AVAILABLE DAILY AT LUNCH</b></p> <p><b>REMINDER PARENTS: Federal Regulations Do Not Allow Carbonated Beverages in the Cafeteria</b></p> <p><b>USDA REGULATIONS REQUIRE STUDENTS TO TAKE AT LEAST 1/2 CUP FRUIT AND/OR VEGETABLE AT LUNCH TIME</b></p>				