








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 - Thursday Monday & Wednesday: Soup & Sandwich Bar Tuesday & Thursday: Baked Potato & Salad Bar Friday: Taco & Burrito Bar</p>				<p>Fall is in the Air!!</p> 
2 Breakfast Dutch Waffle Lunch Fish Sandwich or Popcorn Chicken w/ Breadstick Cole Slaw or Baked Beans Choice of Fruit	3 Breakfast Cheese Omelet, Grits & Toast Lunch Pork Chop or Country Style Steak w/ Gravy Mashed Potatoes Steamed Broccoli w/ Cheese Sauce Glazed Carrots Dinner Roll & Choice of Fruit	4 Breakfast Carolina Chicken Biscuit Lunch  Fiesta Stuffed Shells  or Taco Salad Lettuce, Tomato, Cheese and Salsa Refried Beans or Corn Fresh Sliced Pineapple National Taco Day	5 Breakfast Chocolate Muffin Lunch Baked Ravioli or Chicken Alfredo or Seasoned Green Beans Spinach Salad w/Ranch Dressing Green Wave Applesauce or Choice of Fruit Garlic Stuffed Cheese Bread Stick	6 Breakfast Sausage & Gravy Biscuit Lunch Philly Cheese Steak or Sampler Plate Carrot Stick w/ Dressing ☺ Smiley Fries ☺ Banana Pudding or Choice of Fruit It's World Smile Day!!!
9 Breakfast Fruit Strudel	10 Breakfast Cinnamon Roll	11 Breakfast Steak Biscuit	12 Breakfast Breakfast Pizza	13 Breakfast Sausage & Gravy Biscuit
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<p>Lunch Palmetto Burge or BBQ Sandwic Carrot Sticks or Broccoli with Cheese Sauce Cantaloupe/ Grapes</p> 	<p>Lunch Siracha Chicken or Hawaiian Baked Ham Seasoned Diced Potatoes Seasoned Corn or Corny Collard Greens Choice of Fruit & Dinner Roll</p>	<p>Lunch Turkey Roast with Gravy or Teriyaki Chicken Seasoned Rice Sweet Potatoes or Sugar Snap Peas Dinner Roll & Spiced Apples</p>	<p>Lunch Salisbury Steak or Oven Roasted Baked Chicken Mashed Potatoes w/ Gravy Steamed Cabbage or Pinto Beans Dinner Roll & Choice of Fruit</p>	<p>Hot Dog w/Chili or Cheeseburger w/ Lettuce & Tomato Baked Beans or Cole Slaw Yogurt Parfait or Choice of Fruit Fiday's on Friday</p>
16 NO SCHOOL 	17 Breakfast Dutch Waffle Baked Lasagna Ham and Macaroni Au Gratin Carrot Sticks or Spinach Salad w/ Dressing Choice of Fruit Breadstick National Pasta Day	18 Breakfast Powdered Donuts Lunch Scrambled Eggs & Cheese Grits Sausage Patty or Diced Ham Sliced Tomato or Tater Tots Biscuit Mandarin Oranges or Choice of Fruit	19 Breakfast Pancake Pup w/Syrup Lunch Baked Spaghetti w/ a Breadstick or (2) Garlic Stuffed Cheese Bread w/ Marinara Dipping Sauce Green Beans or Steamed Squash Strawberries/Banana	20 Breakfast Sausage & Gravy Biscuit Lunch General Tso's Chicken Teriyaki Beef Blasters Seasoned Rice Steamed Broccoli or Black Eyed Peas Choice of Fruit and Dinner Roll
<p>↔ Red Ribbon Week: "Your Future is Key so Stay Drug Free" ↔</p>				
23 Breakfast Twin Mini Sausage Biscuits Lunch Jessah's Avocado Chicken Salad Sand BBQ Sandwich Baked Beans or Cole Slaw Watermelon or Choice of Fruit	24 Breakfast Cheese Omelet, Grits & Toast Clux Deluxe Day Chicken Sandwich or Chicken Nuggets w/ Breadstick Lettuce & Tomato Waffle Fries or Carrot Sticks Strawberry Kiwi Riptastic Day or Choice of Fruit	25 Breakfast Steak Biscuit Lunch Soup of the Day Turkey Sandwich or Hot Ham & Cheese Sandwich Lima Beans or Corn Red Delicious Apples or Choice of Fruit	26 Breakfast Blueberry Muffin Lunch Breaded Baked Chicken Chicken or Oven Crunch Baked Fish Filet Sweet Potatoes or Collard Greens Brownie Strawberry Mix Fruit or Choice of Fruit	27 Breakfast Sausage & Gravy Biscuit Lunch Bird Dog or Fish Sticks Carrot Sticks or Broccoli with Cheese Sauce Watermelon Raisels or Choice of Fruit Fiday's on Friday
30 Breakfast Cinnamon Bread Lunch Sampler Platter Chilli Cheese Fries w/ Fritos Seasoned Corn or Carrot Sticks w/Dressing Rosey Red Applesauce or Choice of Fruit	31 Breakfast Carolina Chicken Biscuit Lunch Chicken & Waffles Baked Ham w/ Biscuit Cherry Tomatoes w/ Dressing or Tater Tots Fruited Red Jello or Choice of Fruit	<p>RED RIBBON WEEK OCTOBER 23-31, 2017</p> 		
<p>MILK OFFERED DAILY AT BREAKFAST AND LUNCH / FRUIT JUICE AND COLD CEREALS AT BREAKFAST</p> <p>USDA REGULATIONS REQUIRE STUDENTS TO TAKE AT LEAST 1/2 CUP FRUIT AT BREAKFAST</p> <p>GRILLED CHEESE SANDWICHES AND YOGURT PLATES AVAILABLE DAILY AT LUNCH</p> <p>REMINDER PARENTS: Federal Regulations Do Not Allow Carbonated Beverages in the Cafeteria</p> <p>USDA REGULATIONS REQUIRE STUDENTS TO TAKE AT LEAST 1/2 CUP FRUIT AND/OR VEGETABLE AT LUNCH TIME</p>				