



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 | | | | FALL IS IN THE AIR |
| Pickens County Proudly Supports SC Locally Grown Certified Produce/Farms | | | | |
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| 2 Breakfast PopTart Lunch Popcorn Chicken or Fishy Fish Sandwich Carrot Sticks w/ Dressing or English Peas Bread Stick Choice of Fruit | 3 Breakfast Dutch Waffle Lunch Breaded Mozzarella Cheese Sticks w/ Marinara Dipping Sauce Baked Ravioli Green Beans Spinach Salad w/ Dressing Choice of Fruit | 4 Breakfast Pancake Pup Lunch National Taco Day Taco Salad or Baja Fish Taco Lettuce, Tomato, Cheese & Salsa Black Beans w/ Red Peppers Mexicali Corn Choice of Fruit or Fruited Jell-O | 5 Breakfast Chicken Biscuit Lunch Baked Hawaiian Ham or Meatloaf Mashed Potatoes Tomatoes & Okra or Corn Riptastic Day or Choice of Fruit & Dinner Roll | 6 Breakfast French Toast Sticks Lunch Italian Pizza or BBQ Sandwich Smiley Fries or Fresh Veggie Cup w/ Dressing Choice of Fruit It's World Smile Day! |
| 9 Breakfast Chocolate Muffin Lunch Chicken Alfredo Baked Lasagna Seasoned Corn or Collard Greens Breadstick & Choice of Fruit | 10 Breakfast Fruit Pocket Lunch Tangerine Chicken or Teriyaki Beef Blasters Seasoned Rice Glazed Carrots or Oriental Vegetables Choice of fruit & Fotune Cookie | 11 Breakfast Breakfast Pizza Lunch Pork Chop or Chicken Tenders 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 Pork Chop Biscuit Lunch Palmetto B Grilled Chicken Sandwich w/lettuce & tom Carrot Sticks or Spinach Salad w/Ranch Dressing Friday's on Friday |
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| 16 No School Lunch | 17 Breakfast Cinnamon Rolls Lunch Baked Spaghetti or Cheesy Stuffed Shells in Alfredo Sauce Glazed Carrots or Spinach Salad Garlic Breadstick or Choice of Fruit National Pasta Day | 18 Breakfast Pancake Pup Lunch Soup of The Day Grilled Cheese Sandwich Hot Ham and Cheese Sandwich Green Beans or Seasoned Corn Choice of Fruit | 19 Breakfast Breakfast Pizza Bagel Lunch Turkey Roast & Gravy or Salisbury Steak w/ Gravy Seasoned Rice Steamed Broccoli or Pea & Carrots Choice of Fruit & Dinner Roll | 20 Breakfast Twin Mini Sausage Biscuits Lunch Italian Pizza or Meatball Sub Carrot Sticks w/ Dressing or Lima Beans Choice of Fruit |
| → Red Ribbon Week: "Your Future is Key so Stay Drug Free" → | | | | |
| 23 Breakfast Blueberry Muffin Lunch James Ham & Cheese Pinwheel Salad Sloppy Joes Baked Beans or Broccoli Florets w/ Dressing Rosey Red Applesauce or Choice of Fruit | 24 Breakfast Dutch Waffle Lunch Baked Fish Filet 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 Carolina Chicken Biscuit Lunch Breakfast Pork Chop or Diced Ham Egg & Cheese Omelet & Cheese Grits Cherry Tomatoes w/ Dressing or Tater Tots 2 Pancakes Choice of Fruit or Apple Juice | 26 Breakfast Cinnamon Roll Lunch Pizza Lunchable BBQ Riblet Sandwich Seasoned Corn or Spinach Salad w/ Dressing Red Grapes or Choice of Fruit | 27 Breakfast Cinnamon Bread Lunch Cheeseburger or Hot Dog w/ Chili Cole Slaw Sweet Potato Fries Red Delicious Apples or Choice of Fruit Friday's on Friday |
| 30 Breakfast Assorted Breakfast Items Lunch Bird Dog or Corn Dog Celery Sticks or Homemade Hummus Served with Chips Strawberries or Choice of Fruit | 31 Breakfast Pancakes Lunch Oven Roasted Turkey w/Gravy Country Style 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 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 | | | | |