


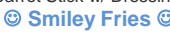





National School Lunch Week

October 9-13, 2017

"RECIPES FOR SUCCESS"



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		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 and Thursday							
		Fall is in the Air!! 							
2	Breakfast Dutch Waffle Lunch Italian Pizza or Popcorn Chicken w/ Breadstick Cole Slaw or Baked Beans Choice of Fruit	3	Breakfast Southwestern 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  Chicken Fajitas or Taco Salad Lettuce, Tomato, Cheese and Salsa Black Beans w/ Red Peppers or Corn Choice of Fruit National Taco Day	5	Breakfast Chocolate Chip Breakfast Round Lunch Baked Ravioli or Chicken Alfredo Spinach Salad w/Ranch Dressing or Seasoned Green Beans Choice of Fruit Garlic Bread Stick	6	Breakfast Sausage & Gravy Biscuit Lunch Sloppy Joe or Fish Sandwich Carrot Stick w/ Dressing  Choice of Fruit It's World Smile Day!!!
9	Breakfast Fruit Strudel Lunch Palmetto Burger or BBQ Sandwich Carrot Sticks or Broccoli with Cheese Sauce Choice of Fruit	10	Breakfast Cinnamon Roll Lunch Siracha Chicken or Hawaiian Baked Ham Mashed Potatoes Seasoned Corn or Comfy Collard Greens Choice of Fruit & Dinner Roll	11	Breakfast Waffle w/Syrup & Sausage Lunch Turkey Roast with Gravy or Teriyaki Chicken Seasoned Rice Sweet Potatoes or Sugar Snap Peas Dinner Roll & Choice of Fruit	12	Breakfast Breakfast Pizza Lunch Salisbury Steak or Oven Roasted Baked Chicken Mashed Potatoes w/ Gravy Steamed Cabbage or Pinto Beans Dinner Roll & Choice of Fruit	13	Breakfast Sausage & Gravy Biscuit Lunch Hot Dog w/Chili or Cheeseburger w/ Lettuce & Tomato Baked Beans or Cole Slaw Choice of Fruit Fidya's on Friday
↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ NATIONAL SCHOOL LUNCH WEEK ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓									
16	NO SCHOOL 	17	Breakfast Pork Chop Biscuit 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 2 Pancakes Choice of Fruit	19	Breakfast Pancake Pup w/Syrup Lunch Baked Crunch Fish Filet Baked Stuff Shells Green Beans or Steamed Squash Garlic Breadstick & Choice of Fruit	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
↔ Red Ribbon Week: "Your Future is Key so Stay Drug Free" ↔									
23	Breakfast Twin Mini Sausage Biscuits Lunch Jessah's Avocado Chicken Salad Sand Rib-B-Que Sandwich Baked Beans or Cole Slaw Red Grapes or Choice of Fruit	24	Breakfast Breakfast 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 Roasted Brussel Sprouts or Corn Red Delicious Apples or Choice of Fruit	26	Breakfast Breakfast Bagel Pizza Lunch Breaded Baked Chicken Chicken or Oven Crunch Baked Fish Filet Sweet Potatoes or Collard Greens Brownie Strawberries or Choice of Fruit	27	Breakfast Sausage & Gravy Biscuit Lunch Bird Dog or Fish Sticks Carrot Sticks or Broccoli with Cheese Sauce Chery Fruited Jello or Choice of Fruit Fidya's on Friday
30	Breakfast Cinnamon Bread Lunch Buffalo Chicken Personal Pizza Chilli Cheese Fries w/ Fritos Seasoned Corn or Carrot Sticks w/Dressing Rosey Red Applesauce or Choice of Fruit	31	Breakfast Fruit Studel Lunch  Chicken & Waffles Baked Ham w/ Biscuit Cherry Tomatoes w/ Dressing or Tater Tots Apple Juice or Choice of Fruit	RED RIBBON WEEK OCTOBER 23-31, 2017 					
MILK OFFERED DAILY AT BREAKFAST AND LUNCH / FRUIT JUICE AND COLD CEREALS AT BREAKFAST									
USDA REGULATIONS REQUIRE STUDENTS TO TAKE AT LEAST 1/2 CUP FRUIT AT BREAKFAST									
GRILLED CHEESE SANDWICHES AND YOGURT PLATES AVAILABLE DAILY AT LUNCH									
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									