School District of Pickens County

Forest Acres Elementary School October 2017 Menu

National School Lunch Week
October 9-13, 2017
" Recipes for Success"

JOIN US FOR BREAKFAST AND LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Menu subject to change according to availability of food ***Pickens County Proudly Supports SC Locally Grown Certified Produce/Farms***			FALL IS IN THE AIR
2 **Breakfast** Pizza Bagel **Lunch** Popcorn Chicken or Fish Nuggets 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** **Steamed Corn** **Choice of Fruit or Fruited Jell-O**	**5** **Breakfast** Chicken Biscuit **Lunch** Baked Hawaiian Ham or Baked Chicken Mashed Potatoes Breaded Okra or Lima Beans **Riptastic Day** or Choice of Fruit & Dinner Roll	**6** **Breakfast** French Toast Sticks w/Syrup **Lunch** Italian Pizza or BBQ Sandwich ☺Smiley Fries☺ or Fresh Veggie Cup w/ Dressing Choice of Fruit **It's World Smile Day!**
9 **Breakfast** Steak Biscuit **Lunch** Spaghetti with Meatballs Baked Lasagna Seasoned Corn or Collard Greens Breadstick & Choice of Fruit	**10** **Breakfast** Breakfast Pizza **Lunch** Tangerine Chicken or Teriyaki Beef Blasters Seasoned Rice Glazed Carrots or Oriental Vegetables Choice of fruit & Fotune Cookie	**11** **Breakfast** Fruit Pocket **Lunch** Pork Chop or Breaded Baked Chicken Macaroni & Cheese Sweet Potatoes or Green Beans Choice of Fruit & Brownie	**12** **Breakfast** Cinnamon Roll **Lunch** Italian Pizza Fishy Fish Sandwich Curly Fries Baked Beans Choice of Fruit	**13** **Breakfast** Pork Chop Biscuit **Lunch** Palmetto Burger Sub Sandwich Carrot Sticks or Spinach Salad w/Ranch Dressing Friday's on Friday
NATIONAL SCHOOL LUNCH WEEK				
16 **No School** **Lunch** Professional Development	**17** **Breakfast** Pancake Pup **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** Fruit Pocket **Lunch** Vegetable Soup Turkey 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** Pancake Pups **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** Sausage Patty 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** Steak Biscuit **Lunch** Pizza Lunchable BBQ Riblet Sandwich Seasoned Corn or Spinach Salad w/ Dressing Red Grapes or Choice of Fruit	**27** **Breakfast** Breakfast Pizza **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** Pancakes w/ Syrup **Lunch** Chicken Fajjita Wrap or Corn Dog Celery Sticks or Homemade Hummus Served with Chips Strawberries or Choice of Fruit	**31** **Breakfast** Sausage Biscuit **Lunch** Oven Roasted Chicken 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 AND COLD CEREALS AT BREAKFAST

GRILLED CHEESE SANDWICHES. CHICKEN 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

USDA is an equal opportunity provider and employer.