



# 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				
<b>Pickens County Proudly Supports SC Locally Grown Certified Produce/Farms</b>			<b>FALL IS IN THE AIR</b> 	
<b>2 Breakfast</b> Dutch Waffle <b>Lunch</b> Popcorn Chicken or Fish Nuggets Carrot Sticks w/ Dressing or English Peas Bread Stick Choice of Fruit	<b>3 Breakfast</b> Cinnamon Bread <b>Lunch</b> Breaded Mozzarella Cheese Sticks w/ Marinara Dipping Sauce Baked Ravioli Green Beans Spinach Salad w/ Dressing Choice of Fruit	<b>4 Breakfast</b> Pancake Pup <b>Lunch</b> <b>National Taco Day</b> Taco Salad or Baja Fish Taco Lettuce, Tomato, Cheese & Salsa Black Beans w/ Red Peppers Mexicali Corn Choice of Fruit or Fruited Jell-O	<b>5 Breakfast</b> Breakfast Pizza <b>Lunch</b> Baked Pork Chop or Meatloaf Mashed Potatoes Tomatoes & Okra or Collard Greens <b>Riptastic Day</b> or Choice of Fruit & Dinner Roll	<b>6 Breakfast</b> Steak Biscuit <b>Lunch</b> Italian Pizza or BBQ Sandwich Smiley Fries or Fresh Veggie Cup w/ Dressing Choice of Fruit <b>It's World Smile Day!</b>
<b>9 Breakfast</b> Chocolate Muffin	<b>10 Breakfast</b> Blueberry Waffle	<b>11 Breakfast</b> Breakfast Pizza	<b>12 Breakfast</b> Mini Powdered Donuts	<b>13 Breakfast</b> Pork Chop Biscuit
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<b>Lunch</b> Chicken Alfredo Baked Lasagna Seasoned Corn or Lima Beans Breadstick & Choice of Fruit	<b>Lunch</b> Tangerine Chicken or Teriyaki Beef Blasters Seasoned Rice Glazed Carrots or Collards Choice of fruit & Fortune Cookie	<b>Lunch</b> Pork Chop or Breaded Baked Chicken Macaroni & Cheese Sweet Potatoes or Green Beans Choice of Fruit & Brownie	<b>Lunch</b> Italian Pizza Fishy Fish Sandwich Curly Fries Baked Beans Choice of Fruit	<b>Lunch</b> Palmetto Burger Cheese Steak Sub Carrot Sticks or Spinach Salad w/Ranch Dressing Friday's on Friday
<b>16 No School</b>  	<b>17 Breakfast</b> Chocolate Muffin <b>Lunch</b> Beefaroni or Cheesy Stuffed Shells in Alfredo Sauce Glazed Carrots or Spinach Salad Garlic Breadstick or Choice of Fruit <b>National Pasta Day</b>	<b>18 Breakfast</b> Pancake Pup <b>Lunch</b> Soup of The Day Turkey Sandwich Ham and Cheese Sandwich Green Beans or Seasoned Corn Choice of Fruit	<b>19 Breakfast</b> Breakfast Pizza Bagel <b>Lunch</b> Teriyaki Chicken or Salisbury Steak w/ Gravy Seasoned Rice Steamed Broccoli or Pea & Carrots Choice of Fruit & Dinner Roll	<b>20 Breakfast</b> Chicken Biscuit <b>Lunch</b> Italian Pizza or Lasagna w/ Breadstick Carrot Sticks w/ Dressing or Lima Beans Choice of Fruit
⇌ <b>Red Ribbon Week: "Your Future is Key so Stay Drug Free"</b> ⇌				
<b>23 Breakfast</b> Dutch Waffle <b>Lunch</b> James Ham & Cheese Pinwheel Salad Cheeseburger w/ Lettuce or Tomato Baked Beans or Broccoli Florets w/ Dressing Rosey Red Applesauce or Choice of Fruit	<b>24 Breakfast</b> Blueberry Muffin <b>Lunch</b> Baked Fish Filet or Baked Pork Chop Mashed Potatoes Green Beans or Glazed Carrots <b>Strawberry Kiwi "Riptastic Day"</b> or Choice of Fruit Fresh Baked Dinner Roll	<b>25 Breakfast</b> Carolina Chicken Biscuit <b>Lunch</b> Steak Patty or Canadian Bacon Egg & Cheese Omelet & Cheese Grits Cherry Tomatoes w/ Dressing or Tater Tots 2 Pancakes Choice of Fruit or Apple Juice	<b>26 Breakfast</b> Steak Biscuit <b>Lunch</b> Pizza BBQ Riblet Sandwich Seasoned Corn or Spinach Salad w/ Dressing Red Grapes or Choice of Fruit	<b>27 Breakfast</b> Cinnamon Bread <b>Lunch</b> Cheeseburger or Hot Dog w/ Chili Cole Slaw Sweet Potato Fries Red Delicious Apples or Choice of Fruit Friday's on Friday
<b>30 Breakfast</b> Pancakes w/ Syrup <b>Lunch</b> Bird Dog or Corn Dog Veggie Cup or Homemade Hummus Served with Chips Strawberries or Choice of Fruit	<b>31 Breakfast</b> Pop Tart <b>Lunch</b> Oven Roasted Chicken Country Style Steak w/ Gravy Mashed Potatoes Pinto Beans or Steamed Cabbage Dinner Roll Watermelon Raisels or Choice of Fruit	<b>Red Ribbon Week October 23-31, 2017</b> 		
<b>MILK OFFERED DAILY AT BREAKFAST AND LUNCH / FRUIT JUICE AND COLD CEREALS AT BREAKFAST</b>				
<b>PEANUT BUTTER &amp; JELLY SANDWICHES &amp; YOGURT PLATES AVAILABLE DAILY AT LUNCH</b>				
<b>USDA REGULATIONS REQUIRE STUDENTS TO TAKE AT LEAST 1/2 CUP FRUIT AT BREAKFAST</b>				
<b>REMINDER PARENTS: Federal Regulations Do Not Allow Carbonated Beverages in the Cafeteria</b>				
<b>USDA REGULATIONS REQUIRE STUDENTS TO TAKE AT LEAST 1/2 CUP FRUIT AND/OR VEGETABLE AT LUNCH TIME</b>				