

National School Lunch Week October 9-13, 2017

Pickens High

"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, Wednesday & Friday Monday & Wednesday: Soup & Sandwich Bar Tuesday & Thursday: Baked Potato & Salad Bar Friday: Taco & Burrito Bar</p>				<p>Fall is in the Air!!</p> 
<p>2 Breakfast Dutch Waffle Lunch Italian Pizza or Popcorn Chicken w/ Breadstick Cole Slaw or Baked Beans Choice of Fruit</p>	<p>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</p>	<p>4 Breakfast Carolina Chicken Biscuit Lunch  Baja Fish Tacos  or Taco Salad Lettuce, Tomato, Cheese and Salsa Black Beans w/ Red Peppers or Corn Choice of Fruit National Taco Day</p>	<p>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</p>	<p>6 Breakfast Sausage & Gravy Biscuit Lunch Sloppy Joe or Seafood Basket Carrot Stick w/ Dressing ☺ Smiley Fries ☺ Choice of Fruit It's World Smile Day!!!</p>
<p>9 Breakfast Fruit Strudel</p>	<p>10 Breakfast Cinnamon Roll</p>	<p>11 Breakfast Waffle w/Syrup & Sausage</p>	<p>12 Breakfast Breakfast Pizza</p>	<p>13 Breakfast Sausage & Gravy Biscuit</p>
<p>↓ ↓ ↓ ↓ ↓ NATIONAL SCHOOL LUNCH WEEK ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓</p>				
<p>Lunch Palmetto Burger or BBQ Sandwich Carrot Sticks or Broccoli with Cheese Sauce Choice of Fruit</p>	<p>Lunch Chicken Pot Pie or Hawaiian Baked Ham Mashed Potatoes Seasoned Corn or Comly 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 & Choice of Fruit</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 Choice of Fruit Friday's on Friday</p>
<p>16 NO SCHOOL</p> 	<p>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</p>	<p>18 Breakfast Powdered Donuts Lunch Scrambled Eggs & Cheese Grits Sausage Patty or Diced Ham Sliced Tomato or Tater Tots 2 Pancakes Choice of Fruit</p>	<p>19 Breakfast Pancake Pup w/Syrup Lunch Baked Spaghetti or Breaded Mozzarella Cheese Sticks w/ Marinara Dipping Sauce Green Beans or Steamed Squash Garlic Breadstick & Choice of Fruit</p>	<p>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>
<p>↔ Red Ribbon Week: "Your Future is Key so Stay Drug Free" ↔</p>				
<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>
<p>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</p>	<p>31 Breakfast Fruit Pocket Lunch Chicken & Waffles Baked Ham w/ Biscuit Cherry Tomatoes w/ Dressing or Tater Tots Apple Juice or Choice of Fruit</p>	<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>				