



National School Lunch Week

October 9-13, 2017

"RECIPES FOR SUCCESS"





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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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 & Thursday

Fall is in the Air!!



2 Breakfast Dutch Waffle Lunch Sriracha Chicken Pork Chop Seasoned Rice Broccoli with Cheese Sauce Sweet Carrots Choice of Fruit	3 Breakfast Cheese Omelet, Grits & Toast Lunch Popcorn Chicken Country Style Steak w/ Gravy Mashed Potatoes Lima Beans Black Eye Peas Dinner Roll & Choice of Fruit	4 Breakfast Carolina Chicken Biscuit Lunch  Chicken Fajita 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 Corn Choice of Fruit Garlic Bread Stick	6 Breakfast Sausage & Gravy Biscuit Lunch Sloppy Joe Crispy Chicken Sandwich Carrot Stick w/ Dressing ☺ Smiley Fries ☺ Choice of Fruit It's World Smile Day!!!
9 Breakfast Fruit Strudel	10 Breakfast Cinnamon Roll	11 Breakfast Waffle w/Syrup & Sausage	12 Breakfast Breakfast Pizza	13 Breakfast Sausage & Gravy Biscuit

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Lunch Palmetto Burger or Rib-B-Q on bun Cold Veggie Tray w/ ranch or Baked Beans Tater Tots Choice of Fruit	Lunch Chicken Pot Pie or Pork Chop Mashed Potatoes Comfy Collard Greens or Seasoned Corn Choice of Fruit & Dinner Roll	Lunch Beef Blasters Teriyaki Chicken Seasoned Rice Sweet Potatoes or Sugar Snap Peas Dinner Roll & Choice of Fruit	Lunch Hawaiian Baked Ham or Oven Roasted Baked Chicken Mac & Cheese Steamed Cabbage or Pinto Beans Dinner Roll & Choice of Fruit	Hot Dog w/Chili or BBQ on Bun Baked Beans or Cole Slaw Choice of Fruit Fiday's on Friday
16 NO SCHOOL 	17 Breakfast Pork Chop Biscuit Lunch 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 General Tso's Chicken Teriyaki Beef Blasters Seasoned Rice Steamed Broccoli or Black Eyed Peas Choice of Fruit and Dinner Roll	19 Breakfast Pancake Pup w/Syrup Lunch Queso Stuffed Shells or Breaded Mozzarella Cheese Sticks w/ Marinara Dipping Sauce Green Beans or Steamed Squash Garlic Breadstick & Choice of Fruit	20 Breakfast Sausage & Gravy Biscuit Lunch Ham Sub w/ Swiss Cheese Buffalo Chicken Pizza Seasoned Corn Spring Mix Salad Choice of Fruit

↔ **Red Ribbon Week: "Your Future is Key so Stay Drug Free"** ↔

23 Breakfast Twin Mini Sausage Biscuits Lunch Jessah's Avocado Chicken Salad Sand BBQ on Bun 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 Grilled cheese or Hot Ham & Cheese Sandwich Roasted Brussel Sprouts or Veggie cup w/ ranch Red Delicious Apples or Choice of Fruit	26 Breakfast Breakfast Bagel Pizza Lunch Italian Pizza Corn Dog Seasoned Corn or Spinach Salad Brownie Strawberries or Choice of Fruit	27 Breakfast Sausage & Gravy Biscuit Lunch Bird Dog or Rib- B- Q Carrot Sticks or Broccoli with Cheese Sauce Fruit or Choice of Fruit Fiday's on Friday
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RED RIBBON WEEK OCTOBER 23-31, 2017

30 Breakfast Cinnamon Bread Lunch Baked Ravioli Chilli Cheese Fries w/ Fritos Seasoned Corn or Carrot Sticks w/Dressing Rosey Red Applesauce or Choice of Fruit	31 Breakfast Fruit Pocket Lunch Chicken & Waffles Baked Ham w/ Biscuit Cherry Tomatoes w/ Dressing or Tater Tots Red Delicious Apples or Choice of Fruit	
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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