



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					
		Pickens County Proudly Supports SC Locally Grown Certified Produce/Farms			
2 Breakfast Cinnamon Roll Lunch Popcorn Chicken or Fish Nuggets Carrot Sticks w/ Dressing or English Peas Bread Stick Choice of Fruit	3 Breakfast Strawberry Pop Tarts 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 Mexicali Corn Choice of Fruit or Fruited Jell-O	5 Breakfast Chicken Biscuit Lunch Baked Hawaiian Ham or Meatloaf Mashed Potatoes Tomatoes & Okra or Collard Greens Riptastic Day or Choice of Fruit & Dinner Roll	6 Breakfast French Toast Lunch Italian Pizza or BBQ Sandwich Smiley Fries or Fresh Veggie Cup w/ Dressing Choice of Fruit It's World Smile Day!	
9 Breakfast Chocolate Muffin Lunch Chicken Alfredo Baked Lasagna Seasoned Corn or Collard Greens Breadstick & Choice of Fruit	↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓				
NATIONAL SCHOOL LUNCH WEEK					
16 No School Lunch	10 Breakfast Breakfast Pizza Lunch Tangerine Chicken or Teriyaki Beef Blasters Seasoned Rice Glazed Carrots or Oriental Vegetables Choice of fruit & Fortune 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 Mini Powdered Donuts 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	
17 Breakfast Pancake Pup Lunch Baked Ravioli 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 Soup of The Day 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 Egg and Cheese Breakfast Wrap Lunch James Ham & Cheese Pinwheel Salad Sloppy Joes Baked Beans or Broccoli Florets w/ Dressing Rosey Red Applesauce or Choice of Fruit	24 Breakfast Carolina Chicken Biscuit 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 Blueberry Muffin 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 Cinnamon Bread 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 Lunch Bird Dog or Corn Dog Celery Sticks or Homemade Hummus Served with Chips Strawberries or Choice of Fruit	31 Breakfast Pop Tart 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 & 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					