











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			FALL IS IN THE AIR 
2 Breakfast Cinnamon Roll Lunch Popcorn Chicken or Fish Nuggets Carrot Sticks w/ Dressing or English Peas Hush Puppies Choice of Fruit	3 Breakfast Dutch Waffle Lunch Breaded Baked Pork Chop Baked Ravioli Green Beans Spinach Salad w/ Dressing Choice of Fruit	4 Breakfast Pancake Pup Lunch  National Taco Day  Taco Salad or Nacho Fish Taco Lettuce, Tomato, Cheese & Salsa Fiesta Black Beans Corn Choice of Fruit or Fruited Jell-O	5 Breakfast Chicken Biscuit Lunch Teriyaki Chicken w/Rice Shepherd's Pie Tomatoes & Okra or Corn Riptastic Day or Choice of Fruit & Dinner Roll Dinner Roll	6 Breakfast French Toast 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 Chocolate Muffin	10 Breakfast Breakfast Pizza	11 Breakfast Mini Pancakes	12 Breakfast Mini Powdered Donuts	13 Breakfast Pork Chop Biscuit
↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ NATIONAL SCHOOL LUNCH WEEK ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓				
Lunch Chicken Alfredo Baked Lasagna Seasoned Corn or Collard Greens Breadstick & Choice of Fruit	Lunch Tangerine Chicken or Teriyaki Beef Blasters Seasoned Rice Glazed Carrots or Oriental Vegetables Choice of Fruit & Fortune Cookie	Lunch Pork Chop or Breaded Baked Chicken Macaroni & Cheese Sweet Potatoes or Green Beans Choice of Fruit & Brownie	Lunch Italian Pizza Fishy Fish Sandwich Curly Fries Baked Beans Choice of Fruit	Lunch Palmetto Burger Sub Sandwich Wrap Carrot Sticks or Spinach Salad w/Ranch Dressing Friday's on Friday
16 No School 	17 Breakfast Pancake Pup Lunch Baked Mini Ravioli or Cheesy Stuffed Shells in Alfredo Sauce Glazed Carrots or Spinach Salad Garlic Breadstick or Choice of Fruit National Pasta Day	18 Breakfast Blueberry Pancakes Lunch Soup of The Day Turkey Sandwich Grilled Cheese Sandwich Green Beans or Seasoned Corn Choice of Fruit	19 Breakfast Breakfast Pizza Bagel Lunch Turkey Roast & Gravy or Breaded Steak Patty w/Gravy Seasoned Rice Steamed Broccoli or Pea & Carrots Choice of Fruit & Dinner Roll	20 Breakfast Twin Mini Sausage Biscuits Lunch Italian Pizza or BBQ Sandwich Carrot Sticks w/ Dressing or Lima Beans Choice of Fruit
↔ Red Ribbon Week: "Your Future is Key so Stay Drug Free" ↔				
23 Breakfast Blueberry Muffin 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 Mini Powdered Donuts Lunch Canadian Bacon or Chicken Biscuit 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 w/ Syrup Lunch Bird Dog or Corn Dog Celery Sticks or Homemade Hummus Served with Chips Strawberries or Choice of Fruit	31 Breakfast Pop Tart Lunch  Breaded Baked 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				
PEANUT BUTTER & JELLY 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				