

*LUNCH IS AT NO COST FOR ALL STUDENTS.

ADULT MEAL COST IS \$4.00.

A variety of milk is available. Milk is always optional.

*Menu subject to change. Our suppliers continue to experience shortages related to the COVID-19 pandemic. Contact your school cafeteria manager to verify menu offerings. This institution is an equal opportunity provider.

SCCPSS
OCTOBER

LUNCH MENU K-8

Oct. 11-15: National School Lunch Week!
WILD About School Lunch

Try a Cowboy Burger on Oct. 15th.

This cheeseburger is topped with crunchy onion rings and BBQ sauce.

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>WEEK 1 Oct. 1</p>	<p> Indicates meatless item. <u>Meatless Rice Bowl entrees on menu throughout the month.</u> Create your own meatless entrée by layering veggie sides over warmed rice. *Dietitian recommended menu item. <u>Try seasonal pumpkin items like pumpkin soufflé (10-18) and pumpkin spice applesauce (10-28)!</u></p>				<p>October is National Farm to School Month! Look out for okra taste tests this month!</p>
<p>WEEK 2 Oct. 4-8</p>	<p>Chicken & Cheese Taquito Egg & Cheese Chef Salad Baked Doritos Bean Dip Buttered Corn Peaches & Cream </p>	<p>Chicken & Waffles PBJ Sandwich Buttered Carrots Broccoli & Cheese Fresh Nectarine </p>	<p>Spaghetti with Meat Sauce Pizza Breadstick Green Beans Sweet Potato Waffle Fries Fresh Pear </p>	<p>Fish & Grits Lasagna Rollup & Breadstick Sautéed Summer Squash Tomato & Corn Salad Pineapple Cup </p>	<p>HOLIDAY Fall Break</p>
<p>WEEK 3 Oct. 11-15</p>	<p>HOLIDAY Fall Break</p>	<p>Pizza PBJ Sandwich Side Salad Baked Sweet Potato Apple Slices & Caramel Dip </p>	<p>BBQ Drumsticks & Garlic Knot Yogurt Parfait Turnip Greens Okra & Tomatoes Fresh Orange </p>	<p>Corn Dog Nuggets Cheesy Breadsticks & Marinara Vegetable Soup Celery & Hummus Fruit Slush </p>	<p>NEW! Cowboy Burger Egg & Cheese Chef Salad Green Peas Tater Tots Watermelon </p>
<p>WEEK 4 Oct. 18-22</p>	<p>Chicken Philly Sandwich Grilled Cheese Sandwich Pumpkin Soufflé Broccoli Dippers 100% Fruit Juice Pear Cup </p>	<p>Nachos *Rice Bowl *Cilantro Lime Rice *Red Beans *Mexican Street Corn Sour Raisins </p>	<p>Macaroni & Ham Casserole Baja Bean Burrito French Fries Broccoli Dippers Grapes Triple Chocolate Cookie </p>	<p>Chicken & Broccoli Alfredo Hummus Plate Breadstick Breaded Okra Cucumber Tomato Salad Fruited Gelatin </p>	<p>Mandarin Chicken & Roll *Rice Bowl *Steamed Rice *Lima Beans *Teriyaki Vegetables Banana </p>
<p>WEEK 5 Oct. 25-29</p>	<p>Oven-Fried Chicken *Rice Bowl *Savannah Red Rice *Black-Eyed Peas *Collard Greens Melon Medley </p>	<p>Meatball Power Bowl Yogurt, Cheese, & Fruit Plate Sautéed Mushrooms Onion Rings Apple Slices Rice Krispy Treat </p>	<p>Buffalo Chicken Dip & Chips PBJ Sandwich Garlic Toast Sun Splash Juice Mixed Vegetables Grapefruit Wedges </p>	<p>BBQ Sandwich Macaroni & Trees Baked Beans Corn on the Cob Pumpkin Spice Applesauce </p>	<p>Pizza Fish Sandwich Sweet Potato Puffs Buffalo Cauliflower Halloween Italian Ice </p>