

NOVEMBER 2009

MONDAY

TUESDAY

RICHLAND COUNTY SCHOOL DISTRICT ONE

WEDNESDAY

THURSDAY

FRIDAY

- Assorted Cereals are offered as an Alternative Meal at Breakfast.
- Salad is offered as an Alternate Meal at Lunch, which could include iceberg lettuce, purple cabbage, shredded carrots, spinach, tomato, shredded cheese, hard boiled egg half, orange wedge, grapes, kiwi and seasonal fruits.
- Assorted 100% Fruit Juices are offered daily at Breakfast and Lunch.
- Fresh Fruit is offered daily, which could include apples, pears, bananas, grapes and oranges or any combination based on availability.
- Whole Wheat bread, breadsticks and crackers are available daily.
- Milk is offered in 1%, skim and fat free varieties in addition to low fat milk in strawberry, vanilla and chocolate.

ΨThe purpose of the Manager's Choice Menus is to allow each base kitchen to utilize inventory on hand.

<p>2</p> <p>Super Bun</p> <p>Corn Dog Cole Slaw Baked Beans Assorted Fresh Fruit</p>	<p>3</p> <p>Breakfast Pizza</p> <p>Creamy Cheese Grits Country Sausage Wheat Toast W / Jelly Spiced Apples Sliced Fresh Tomatoes</p>	<p>4</p> <p>Cinnamon Pancakes</p> <p>Box Lunch Assorted Salad Wheat Croissant Fresh Fruit Salad Fresh Baked Cookie</p>	<p>5</p> <p>Cheese Toast</p> <p>Manager's Choice</p>	<p>6</p> <p>Manager's choice</p> <p>Vegetable Soup Grilled Cheese or PBJ Sandwich Frozen Fruit Cup Assorted Fresh Fruit</p>
<p>9</p> <p>Breakfast Pizza</p> <p>Hamburger w/ trimmings Baked Fries Vegetable Medley Fresh Fruit</p>	<p>10</p> <p>Pancakes</p> <p>Chicken Nuggets Glazed Carrots Broccoli Salad Fresh Assorted Fruit Yeast Roll</p>	<p>11</p> <p>Chicken Biscuit</p> <p>Hoagie Pickle Spears Lettuce /Tomato Baked Tater Tots Frozen Fruit Bar Assorted Fresh Fruit</p>	<p>12</p> <p>Yogurt w / Pro Ball</p> <p>Spaghetti w Meat Sauce Tossed Salad Applesauce Cinnamon Rolls Fresh Fruit</p>	<p>13</p> <p>Cinnamon Swirl Loaf</p> <p>Hot Dog w / Chili Cole Slaw Seasoned Potatoes Assorted Fresh Fruit</p>
<p>16</p> <p>Sausage Biscuit</p> <p>Chicken Sandwich on wheat Bun Seasoned Potatoes Steamed Broccoli Sherbet Cups Fresh Fruit</p>	<p>17</p> <p>Waffles</p> <p>Baked Ravioli w/Cheese Tossed Spinach Salad Pineapple Fruited Jell-O Breadstick Fresh Fruit</p>	<p>18</p> <p>Muffins / Yogurt</p> <p>Nachos w / Taco Meat Salad Mexicali Corn Assorted Fresh Fruit Choice Bag Lunch for ½ Day</p>	<p>19</p> <p>Pancake on a Stick</p>  <p>Turkey& Dressing w/ Gravy Green Beans Candied Yams Cranberry Sauce Fruit Salad Hot Dinner Rolls</p>	<p>20</p> <p>Cream Cheese Sticks</p> <p>BBQ on Grain Bun Corn on Cob Veggie Cups w Dressing Assorted Fresh Fruit</p>
<p>23</p> <p>Manager's Choice</p> <p>Pizza Tossed Spinach Salad Seasoned Baked Fries Assorted Fresh Fruit</p>	<p>24</p> <p>Cheese Grits</p> <p>Creole Steak Mashed Potatoes Collard Greens Rolls Harvest Theme Cookie Assorted Fresh Fruit</p>	<p>25</p>  <p>Happy Holidays</p>	<p>26</p>  <p>Thanksgiving Break</p>	<p>27</p>  <p>Happy Holidays</p>
<p>30</p> <p>Super Bun</p> <p>Corn Dog Cole Slaw Baked Beans Assorted Fresh Fruit</p>			<p><u>Lunch</u> Reduced Price: \$0.40 Full Price: \$1.35 Adult Price: \$3.10</p>	<p><u>Breakfast</u> Reduced Price: \$0.30 Full Price: 0.75 Adult Price: \$1.80</p>