

OCTOBER 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>Breakfast Reduced Price: \$0.30 Full Price: \$0.75 Adult Price: \$1.80</p>	 <p>Lunch Reduced Price: \$0.40 Full Price: \$1.35 Adult Price: \$3.10</p>		<p>1 Grain Apple Roll</p> <p>Beef -a -Roni Green Beans Congealed Salad Wheat Bread Sticks Fresh Fruit</p>	<p>2 Cream Cheese Sticks</p> <p>Manager's Choice Day</p>
<p>5 Super Bun</p> <p>Corn Dog Cole Slaw Baked Beans Assorted Fresh Fruit</p>	<p>6 Breakfast Pizza</p> <p>Creamy Cheese Grits Country Sausage Wheat Toast W / Jelly Spiced Apples Fresh Fruit Cup</p>	<p>7 Cinnamon Pancakes</p> <p>Box Lunch Assorted Salad Wheat Croissant Fresh Fruit Salad Fresh Baked Cookie (American Cancer Society)</p>	<p>8 Cheese Toast</p> <p>Manager's Choice</p>	<p>9 Manager's choice</p> <p>Vegetable Soup Grilled Cheese or PBJ Sandwich Frozen Fruit Cup Assorted Fresh Fruit</p>
<p>12 Student Holiday</p>	<p>13 Pancakes</p> <p>Soft Quesadilla/w Salad Trimmings Mexicali Corn Green Apples</p> <p>ALL- STAR NATIONAL SCHOOL LUNCH WEEK OCT. 12-16</p>	<p>14 Chicken Biscuit</p> <p>Chef Salad Whole Wheat Breadstick Congealed Strawberry Salad Assorted Fresh Fruit</p>	<p>15 Yogurt w Pro Ball</p> <p>Teriyaki Chicken or Beef Rice Bowls Steamed Broccoli Orange Wedges Egg Roll</p>	<p>16 Cinnamon Swirl Bread</p> <p>Fresh Baked Pizza Carrot Sticks w/Ranch Dressing Applesauce Brownie Cookie</p>
<p>19 Sausage Biscuit</p> <p>Chicken Sandwich on wheat Bun Seasoned Potatoes Steamed Broccoli Sherbet Cups Fresh Fruit</p>	<p>20 Waffles</p> <p>Baked Ravioli w/Cheese Tossed Spinach Salad Pineapple Fruited Jell-O Breadstick Fresh Fruit</p>	<p>21 Muffins / Yogurt</p> <p>Nachos w / Taco Meat Salad Mexicali Corn Assorted Fresh Fruit</p>	<p>22 Pancake On a Stick</p> <p>Oven Roasted Chicken Seasoned Rice Limas Peach Cups Southern Hot Biscuit Assorted Fresh Fruit</p>	<p>23 Cream Cheese Sticks</p> <p>BBQ on Grain Bun Corn on Cob Veggie Cups w Dressing Assorted Fresh Fruit</p>
<p>26 Manager's Choice</p> <p>Pizza Tossed Spinach Salad Seasoned Baked Fries Assorted Fresh Fruit</p>	<p>27 Cheese Grits</p> <p>Creole Steak Mashed Potatoes Collard Greens Rolls Assorted Fresh Fruit</p>	<p>28 Ham Biscuit</p> <p>Fish Nuggets Carrots Sticks Oven Roasted Taters Frozen Fruit Fiesta Hushpuppies Assorted Fresh Fruit Or Bag Lunches For Early Dismissal</p>	<p>29 Whole Grain Apple Roll</p> <p>Beef-a-Roni Green Beans Congealed Salad Wheat Bread Sticks Assorted Fresh Fruit</p>	<p>30 Cream Cheese Sticks</p> <p>Manager's Choice Halloween Surprise</p>

