

SEPT

2021

Did you know?

Staying active helps build strong bones and muscles, relieves stress, and protects your heart. Aim for 1 hour or more of physical activity every day. Do whatever you love to do – Just get moving!

Daily Selections:

Every Breakfast Entrée comes with Seasonal Fresh Fruit, 100% Fruit Juice, and Low-fat or Non-fat Milk

Every Lunch Entrée comes with Vegetable(s), Fruit, and Low-fat or Non-fat Milk



Questions or Comments?

Sherry Walker
 Director of Operations
 Phone: 803-207-0757

This institution is an equal opportunity provider

Grab & Go

MENUS



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Breakfast Cheerios Cereal w/Graham Crackers Lunch Chicken Salad Sub Seasonal Fresh Vegetables	2 Breakfast Blueberry Muffin Lunch Chicken Tenders w/Roll Seasonal Fresh Vegetables	3 Breakfast Mini Wheats w/Graham Crackers Lunch Turkey & Cheese Sandwich Seasonal Fresh Vegetables
6 Labor Day No School	7 Breakfast Banana Muffin Lunch Chicken Nuggets w/Roll Seasonal Fresh Vegetables	8 Breakfast Cheerios Cereal w/Graham Crackers Lunch Turkey & Cheese Wrap Seasonal Fresh Vegetables	9 Breakfast Blueberry Muffin Lunch Cheeseburger Seasonal Fresh Vegetables	10 Breakfast Mini Wheats w/Graham Crackers Lunch Turkey-ham & Cheese Sandwich Seasonal Fresh Vegetables
13 Breakfast Rice Krispies Cereal w/Graham Crackers Lunch Turkey-ham & Cheese Wrap Seasonal Fresh Vegetables	14 Breakfast Banana Muffin Lunch Cheeseburger Seasonal Fresh Vegetables	15 Breakfast Cheerios Cereal w/Graham Crackers Lunch Chicken Salad Sub Seasonal Fresh Vegetables	16 Breakfast Blueberry Muffin Lunch Chicken Tenders w/Roll Seasonal Fresh Vegetables	17 Breakfast Mini Wheats w/Graham Crackers Lunch Turkey & Cheese Sandwich Seasonal Fresh Vegetables
20 Breakfast Rice Krispies Cereal w/Graham Crackers Lunch Chicken Salad Sub Seasonal Fresh Vegetables	21 Breakfast Banana Muffin Lunch Chicken Nuggets w/Roll Seasonal Fresh Vegetables	22 Breakfast Cheerios Cereal w/Graham Crackers Lunch Turkey & Cheese Wrap Seasonal Fresh Vegetables	23 Breakfast Blueberry Muffin Lunch Cheeseburger Seasonal Fresh Vegetables	24 Breakfast Mini Wheats w/Graham Crackers Lunch Turkey-ham & Cheese Sandwich Seasonal Fresh Vegetables
27 Breakfast Rice Krispies Cereal w/Graham Crackers Lunch Turkey-ham & Cheese Wrap Seasonal Fresh Vegetables	28 Breakfast Banana Muffin Lunch Cheeseburger Seasonal Fresh Vegetables	29 Breakfast Cheerios Cereal w/Graham Crackers Lunch Chicken Salad Sub Seasonal Fresh Vegetables	30 Breakfast Blueberry Muffin Lunch Chicken Tenders w/Roll Seasonal Fresh Vegetables	

Menus are subject to change.

All vegetables are cooked in Vegetable Base