

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 the Daily 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

Middle School MENUS



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Breakfast Turkey-Sausage & Cheese Biscuit Lunch Chicken Alfredo Rotini Cheese Nachos (V) Seasoned Crinkle Cut Carrots	2 Breakfast Banana Muffin Lunch Cheeseburger Mozzarella Quesadilla (V) Crispy Tater Tots Seasoned Black Beans	3 Breakfast Cheerios Cereal w/Graham Crackers Lunch Rotisserie Chicken w/Roll Garden Salad w/Roll (V) Italian Mixed Vegetables
6 Labor Day No School	7 Breakfast Raisin Bran Cereal w/Graham Crackers Lunch Spaghetti w/Meatballs Grilled Cheese Sandwich (V) Seasoned Black Beans	8 Breakfast Chicken Biscuit Sandwich Lunch BBQ Chicken w/Roll Mozzarella Quesadilla (V) Peas & Carrots	9 Breakfast Banana Muffin Lunch Chicken Nachos Cheese Nachos (V) Seasoned Broccoli	10 Breakfast Cheerios Cereal w/Graham Crackers Lunch Chicken Burrito Bowl Garden Salad w/Roll (V) Seasoned Corn
13 Breakfast Maple Mini Waffle Lunch Orange Chicken w/Rice EZ Jammer Sandwich (V) Seasoned Broccoli	14 Breakfast Raisin Bran Cereal w/Graham Crackers Lunch Turkey-ham & Cheese Melt Grilled Cheese Sandwich (V) Seasoned Black Beans	15 Breakfast Turkey Sausage & Cheese Biscuit Lunch BBQ Chicken Sandwich Mozzarella Quesadilla (V) Seasoned Green Beans	16 Breakfast Blueberry Muffin Lunch Cheeseburger Cheese Nachos (V) Crispy Tater Tots	17 Breakfast Cheerios Cereal w/Graham Crackers Lunch Lemon Pepper Chicken w/Roll Garden Salad w/Roll (V) Seasoned Carrots
20 Breakfast French Toast Sticks Lunch Salisbury Steak w/Roll EZ Jammer Sandwich (V) Seasoned Crinkle Cut Carrots	21 Breakfast Raisin Bran Cereal w/Graham Crackers Lunch Breaded Chicken Sandwich Grilled Cheese Sandwich (V) Crispy Fries	22 Breakfast Scrambled Eggs w/Biscuit Lunch Chicken Nachos Cheese Nachos (V) Seasoned Broccoli	23 Breakfast Banana Muffin Lunch Chicken Corndog Mozzarella Quesadilla (V) New England Style Baked Beans	24 Breakfast Cheerios Cereal w/Graham Crackers Lunch Spaghetti w/Meatballs Garden Salad w/Roll (V) Italian Mixed Vegetables
27 Breakfast Mini Blueberry Pancakes Lunch Chicken Nuggets w/Mac & Cheese Macaroni & Cheese (V) Seasoned Broccoli	28 Breakfast Raisin Bran Cereal w/Graham Crackers Lunch Turkey-ham & Cheese Melt Grilled Cheese Sandwich (V) Seasoned Green Beans	29 Breakfast Chicken Biscuit Sandwich Lunch Chicken Alfredo Rotini Cheese Nachos (V) Seasoned Crinkle Cut Carrots	30 Breakfast Blueberry Muffin Lunch Cheeseburger Mozzarella Quesadilla (V) Crispy Tater Tots Seasoned Black Beans	

Menus are subject to change.

All vegetables are cooked in Vegetable Base

(V) – Indicates Vegetarian Entrée. Please request Vegetarian Entrée from the Café before the end of business one school day in advance