

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, 100% Fruit Juice, 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

High school

MENUS



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

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