

# 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?

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 Director of Operations  
 Phone: 803-207-0757

This institution is an equal opportunity provider

# Pre-K

# MENUS



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

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