

# September 2018

SC Primary, SC Elementary, Furlow Charter (K—5)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><b>LABOR DAY HOLIDAY</b></p>	<p>4</p> <p><i>Poptart</i> Fresh Fruit</p> <p><i>Spaghetti w/ Meat Sauce</i> <i>Side Salad w/Dressing</i> <i>Seasoned Green Beans</i> <i>Corn on the Cob</i> <i>Yeast Roll</i> Fresh Fruit Choice</p>	<p>5</p> <p><i>Pancake Pup</i> Fresh Fruit</p> <p><i>Ham and Cheese Sandwich</i> <i>Leaf Lettuce/Tomato Slice</i> <i>Sun Chips</i> <i>Celery Sticks w/Dip</i> Fresh Fruit Choice</p>	<p>6</p> <p><i>Pancake Pup</i> Chilled Fresh Fruit</p> <p><i>Oven Fried Chicken</i> <i>Collard Greens</i> <i>Baked Sweet Potato</i> <i>School Made Cornbread</i> Fresh Fruit Choice</p>	<p>7</p> <p><i>Strawberry Oatmeal Bar</i> Fresh Fruit</p> <p><i>School Made Chili w/Beans</i> <i>Baked Potato</i> <i>Broccoli w/Ranch Dip</i> <i>Grilled Cheese Sandwich</i> Fresh Fruit Choice</p>
<p>10</p> <p><i>Strawberry Oatmeal Bars</i> Chilled Fresh Fruit Juice Fresh Fruit</p> <p><i>Seasoned beef with Soft Shell Taco</i> <i>w/Shredded Cheese</i> <i>Shredded Lettuce and Diced Tomatoes</i> <i>Corn on the Cob</i> <i>Carrot Sticks w/Dip</i> Fresh Fruit Choice</p>	<p>11</p> <p><i>Apple Frudel</i> Cheese Stick Chilled Fresh Fruit</p> <p><i>Chicken Tenders</i> <i>Cucumber Sticks with Ranch Dip</i> <i>School Made Yeast Roll</i> Chilled Fresh Fruit</p>	<p>12</p> <p><i>Banana Loaf</i> Fresh Fruit</p> <p><i>Sausage/Cheese Pizza</i> <i>Side Salad w/Dressing</i> <i>Seasoned Baked Sweet Potato</i> <i>Tortilla chips w/Salsa</i> Fresh Fruit Choice</p>	<p>13</p> <p><i>Apple Oatmeal Bars</i> Chilled Fresh Fruit</p> <p><i>BBQ on Bun</i> <i>Chilled Cole Slaw</i> <i>Seasoned Baked Beans</i> <i>Tortilla Chips w/Salsa</i> Fresh Fruit Choice</p>	<p>14</p> <p><i>Poptart</i> Fresh Fruit</p> <p><b>SCS LUNCHABLES</b> <i>Cheese Sticks</i> <i>Ham Slices</i> <i>Seasoned Baked Beans</i> <i>Wheat Crackers</i> Fresh Fruit</p> <p><b>Early Release Day</b></p>
<p>17</p> <p><i>Powdered Doughnuts</i> Chilled Fresh Fruit</p> <p><i>Chicken on Soft Taco w/Shredded</i> <i>Cheese</i> <i>Shredded Lettuce and Diced Tomatoes</i> <i>Corn on the Cob</i> <i>Carrot Sticks w/Dip</i> Fresh Fruit Choice</p>	<p>18</p> <p><i>Blueberry Muffins</i> Fresh Fruit</p> <p><i>Corndog</i> <i>Crispy Oven Fries</i> <i>School Made Cole Slaw</i> <i>Seasoned Baked Beans</i> Fresh Fruit Choice</p>	<p>19</p> <p><i>Apple Oatmeal Bars</i> Fresh Fruit</p> <p><i>Seasoned Beef Steak w/ gravy</i> <i>Mashed Potatoes</i> <i>Steamed Broccoli</i> <i>School Made Yeast Roll</i> Fresh Fruit Choice</p>	<p>20</p> <p><i>Pancake Pup</i> Fresh Fruit</p> <p><i>Oven Fried Chicken</i> <i>Collard Greens</i> <i>Baked Sweet Potato</i> <i>Cornbread</i> Fresh Fruit Choice</p>	<p>21</p> <p><i>Blueberry Muffin</i> <i>w/Sausage Link</i> Fresh Fruit</p> <p><i>Ham and Cheese Sandwich</i> <i>Leaf Lettuce/Sliced Tomato</i> <i>Tortilla Chips w/ Salsa</i> <i>Cucumber Sticks w/ Ranch Dressing</i> Fresh Fruit Choice</p>
<p>24</p> <p><i>Nutri Grain Bar</i> Fresh Fruit</p> <p><i>Mozzarella Cheese Sticks</i> <i>Marinara Sauce Dip</i> <i>Apple with Peanut Butter Dip</i> <i>Garden Salad w/Tomatoes</i> <i>w/Ranch Dressing</i> Fresh Fruit Choice</p>	<p>25</p> <p><i>Strawberry Oatmeal Bars</i> Fresh Fruit</p> <p><i>Cheese Burger on Bun</i> <i>Leaf Lettuce &amp; Sliced Tomatoes</i> <i>Baked Tostito Chips w/Salsa</i> <i>Seasoned Black-Eyed Peas</i> Fresh Fruit Choice</p>	<p>26</p> <p><i>Pancake Pup</i> Fresh Fruit</p> <p><i>Oven Fried Chicken</i> <i>Collard Greens</i> <i>Baked Sweet Potato</i> <i>Cornbread</i> Fresh Fruit Choice</p>	<p>27</p> <p><i>Super Donut</i> <i>Cheese Stick</i> Fresh Fruit</p> <p><i>BBQ on Bun</i> <i>Chilled Cole Slaw</i> <i>Seasoned Baked Beans</i> <i>Carrot Sticks w/Ranch Dressing</i> Fresh Fruit Choice</p>	<p>28</p> <p><i>Cereal Bar</i> Cut Fresh Fruit</p> <p><i>Chicken Nuggets w/ Yeast Roll</i> <i>Seasoned Baked Sweet Potato</i> <i>Seasoned Baked Beans</i> <i>Coleslaw</i> Fresh Fruit Choice</p>
			<p>29</p> <p><b><u>Special Notice to Adults:</u></b> The following applies to all menu items:</p> <ol style="list-style-type: none"> <li><b>O Trans fats</b></li> <li><b>Low Sodium</b></li> <li><b>Reduced Sugar</b></li> <li><b>100% Whole Grain Rich</b></li> </ol> <p>Detailed nutrient information can be seen at SNP Central Office by contacting Martha Harvey at 229-931-8546 or mharvey@sumterschools.org</p>	