

# January 2018

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 <i>Breakfast Pizza</i> <i>Fresh Fruit</i> <i>Chilled Fruit Juice</i></p> <p><i>Hamburger on Bun</i> <i>Leaf Lettuce/Tomato Slice</i> <i>Sweet Potato Fries</i> <i>Fresh Broccoli w/Dip</i> <i>Fresh Fruit</i></p>	<p>3 <i>Cereal Bar</i> <i>Fresh Fruit</i></p> <p><i>Chicken Patty Sandwich</i> <i>Leaf Lettuce/Tomato Slice</i> <i>Corn on Cob</i> <i>Cucumber Sticks w/ Ranch Dressing</i> <i>Fresh Fruit</i></p>	<p>4 <i>Apple Oatmeal Bars</i> <i>Fresh Fruit</i></p> <p><i>BBQ on Bun</i> <i>Chilled Cole Slaw</i> <i>Baked Beans</i> <i>Fresh Fruit</i></p>	<p>5 <i>Pancake Pup</i> <i>Fresh fruit</i></p> <p><i>Oven Fried Chicken</i> <i>Collard Greens</i> <i>Baked Sweet Potato</i> <i>Cornbread</i> <i>Fresh Fruit</i></p>	<p>6 <i>Nutri Grain Bar</i> <i>Fresh Fruit</i></p> <p><i>Vegetable Beef Soup</i> <i>Grilled Cheese Sandwich</i> <i>Apple Slices with PBJ Dip</i> <i>Fresh Fruit</i></p>
<p>8 <i>Poptart</i> <i>Fresh Fruit</i></p> <p><i>Hamburger on Bun</i> <i>Sliced Tomato/Leaf Lettuce/Pickles</i> <i>Carrot Sticks w/Ranch Dressing</i> <i>Sun Chips</i> <i>Fresh Fruit</i></p>	<p>9 <i>Strawberry Oatmeal Bars</i> <i>Fresh Fruit</i></p> <p><i>Soft Beef Taco w/Shredded Cheese</i> <i>Shredded Lettuce and Diced Tomatoes</i> <i>Corn on the Cob</i> <i>Carrot Sticks w/Dip</i> <i>Fresh Fruit</i></p>	<p>10 <i>Banana Loaf</i> <i>Fresh Fruit</i></p> <p><i>Sausage/Cheese Pizza</i> <i>Side Salad w/Dressing</i> <i>Sweet Potato Fries</i> <i>Tortilla chips w/Salsa</i> <i>Fresh Fruit</i></p>	<p>11 <i>Poptart</i> <i>Fresh Fruit</i></p> <p><i>Spaghetti w/ Meat Sauce</i> <i>Side Salad w/Dressing</i> <i>Corn on the Cob</i> <i>Yeast Roll</i> <i>Fresh Fruit</i></p>	<p>12 <i>Nutri Grain Bar</i> <i>Fresh Fruit</i></p> <p><i>Corn Dog</i> <i>Celery/Carrots Sticks</i> <i>w/Ranch Dressing</i> <i>Seasoned Baked Beans</i> <i>Fresh Fruit</i></p>
<p>15 <b>Dr. Martin Luther King, Jr. School Holiday</b></p>	<p>16 <i>Blueberry Muffins</i> <i>Fresh Fruit</i></p> <p><i>Vegetable Beef Soup</i> <i>Grilled Cheese Sandwich</i> <i>Apple Slices with PBJ Dip</i> <i>Fresh Fruit</i></p>	<p>17 <i>Apple Oatmeal Bars</i> <i>Fresh Fruit</i></p> <p><i>Seasoned Beef Steak w/ gravy</i> <i>Mashed Potatoes</i> <i>Steamed Broccoli</i> <i>Yeast Roll</i> <i>Fresh Fruit</i></p>	<p>18 <i>Pancake Pup</i> <i>Fresh Fruit</i></p> <p><i>Oven Fried Chicken</i> <i>Collard Greens</i> <i>Baked Sweet Potato</i> <i>Cornbread</i> <i>Fresh Fruit</i></p>	<p>19 <i>Blueberry Muffin</i> <i>w/Sausage Link</i> <i>Fresh Fruit</i></p> <p><i>Ham and Cheese Sandwich</i> <i>Leaf Lettuce/Sliced Tomato</i> <i>Tortilla Chips w/ Salsa</i> <i>Fresh Fruit</i> <i>Celery Sticks w/ Ranch Dressing</i></p>
<p>22 <i>Nutri Grain Bar</i> <i>Fresh Fruit</i></p> <p><i>Vegetable Beef Soup</i> <i>Grilled Cheese Sandwich</i> <i>Apple Slices with PBJ Dip</i> <i>Fresh Fruit</i></p>	<p>23 <i>Strawberry Oatmeal Bars</i> <i>Fresh Fruit</i></p> <p><i>Cheese Burger on Bun</i> <i>Leaf Lettuce &amp; Sliced Tomatoes</i> <i>Seasoned Baked Beans</i> <i>Fresh Fruit</i></p>	<p>24 <i>Pancake Pup</i> <i>Fresh Fruit</i></p> <p><i>Oven Fried Chicken</i> <i>Collard Greens</i> <i>Baked Sweet Potato</i> <i>Cornbread</i> <i>Fresh Fruit</i></p>	<p>25 <i>Super Donut</i> <i>Cheese Stick</i> <i>Fresh fruit</i></p> <p><i>BBQ on Bun</i> <i>Chilled Cole Slaw</i> <i>Broccoli Spears w/Ranch Dressing</i> <i>Fresh Fruit</i></p>	<p>26 <i>Cereal Bar</i> <i>Fresh Fruit</i></p> <p><i>Chicken and Dumplings</i> <i>Seasoned Green Beans</i> <i>Carrot Sticks with Ranch</i> <i>Fresh Fruit</i></p>
<p>29 <i>Breakfast Pizza</i> <i>Fresh Fruit</i></p> <p><i>Hamburger on Bun</i> <i>Leaf Lettuce/Tomato Slice</i> <i>Sweet Potato Fries</i> <i>Fresh Broccoli w/Dip</i> <i>Fresh Fruit</i></p>	<p>30 <i>Cheese Grits Bowl</i> <i>Fresh Fruit</i></p> <p><i>Vegetable Beef Soup</i> <i>Grilled Cheese Sandwich</i> <i>Apple Slices with PBJ Dip</i> <i>Fresh Fruit</i></p>	<p>31 <i>Nutri Grain Bar</i> <i>Fresh Fruit</i></p> <p><i>Chicken Patty Sandwich</i> <i>Leaf lettuce/Tomato Slice</i> <i>Sweet Potato Fries</i> <i>Fresh Broccoli w/ Ranch</i> <i>Fresh fruit</i></p>	<p><b>Special Notice to Adults:</b> The following applies to all menu items:</p> <ol style="list-style-type: none"> <li>1. <b>0 Trans fats</b></li> <li>2. <b>Low Sodium</b></li> <li>3. <b>Reduced Sugar</b></li> <li>4. <b>100% Whole Grain Rich</b></li> </ol> <p><small>Detailed nutrient information can be seen at SNP Central Office by contacting Martha Harvey at 229-931-8546 or mharvey@sumterschools.org</small></p>	