


February 2018

Menu for Furlow Charter School (6th—9th) Grades
 Menu for SCS Intermediate School (4th—6th) Grades
 Menu for SCS Middle School (7th—8th) Grades

Choose 1 Entree

Choose (1/2 cup+) fruit/veggie

Choose 1 Milk

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Special Notice to Adults: <i>The following applies to all menu items:</i></p> <ol style="list-style-type: none"> 0 Trans fats Low Sodium Reduced Sugar 100% Whole Grain Rich <p>Detailed nutrient information can be seen at SNP Central Office by contacting Martha Harvey at 229-931-8546 or mharvey@sumterschools.org</p>			<p>1 Nutri Grain Bar Apple Slices</p> <p><i>Cheesesticks w/Marinara Sauce</i> <i>or</i> <i>Oven Fried Chicken w/roll</i></p> <p>Fresh Cut Fruit Seasoned Turnip Greens Baby Carrots w/Dip Cornbread <i>or</i> Salad Meal w/ Hummus</p>	<p>2 Strawberry Oatmeal Bar Banana Chilled Fruit Juice</p> <p><i>Vegetable/Meat Soup</i> <i>or</i> <i>School Made Chili w/Beans</i></p> <p>Fresh Cut Fruit Baked Potato School Made Yeast Roll Broccoli w/Ranch Dressing <i>or</i> Salad Meal with Chicken Strips</p>
<p>5 Strawberry Oatmeal Bar Fresh Fruit Chilled Fruit Juice</p> <p><i>Chicken Patty Sandwich</i> <i>or</i> <i>Southern Meatloaf w/ Roll</i></p> <p>Fresh Fruit Leaf Lettuce/Tomato Slice Corn on the Cob Cucumber Sticks w/Dip <i>or</i> Salad Meal w/Chicken Salad</p>	<p>6 Powdered Doughnuts Chilled Fruit Juice Fresh Fruit</p> <p><i>Seasoned Chicken, Soft Shell Taco w/Cheese</i> <i>or</i> <i>BBQ on Bun</i></p> <p>Fresh Fruit Shredded Lettuce and Diced Tomatoes Corn on the Cob <i>or</i> Salad Meal w/ Chicken Salad</p>	<p>7 Banana Loaf Raisins</p> <p><i>Ham and Cheese Sandwich</i> <i>Or</i> <i>Sausage/Cheese Pizza</i></p> <p>Fresh Chilled Fruit Side Salad w/Dressing Sweet Potato Fries Tortilla chips w/Salsa <i>or</i> Salad Meal w/Tuna Salad</p>	<p>8 Nutri Grain Bar Fresh Fruit</p> <p><i>PBJ Sandwich w/ Cheese Stick</i></p> <p>Fresh Fruit Celery/Carrots w/Ranch Dressing Sun Chips Fresh <i>or</i> Salad Meal w/ Chicken Strips</p> <p>Early Release Day</p>	<p>9 Fruit Muffin w/Sausage Fresh Fruit</p> <p><i>Ham and Cheese Sandwich</i> <i>Or</i> <i>Chicken Nuggets w/ Roll</i></p> <p>Chilled Fresh Fruit Side Salad w/ Dressing Sun Chips Carrot Sticks/ w Dip <i>or</i> Salad Meal w/ Ham & Cheese</p>
<p>12 Nutri Grain Bar Banana Chilled Fruit Juice</p> <p><i>Mozzarella Cheese Sticks</i> <i>Marinara Sauce Dip</i> <i>Or</i> <i>Cheese Burger on Bun</i></p> <p>Fresh Fruit Garden Salad w/Tomatoes w/Ranch Dressing Seasoned Green Beans <i>Or</i> Salad Meal w/ Hummus</p>	<p>13 Blueberry Muffins Chilled Fruit Juice Fresh Fruit</p> <p><i>Corndog</i> <i>Or</i> <i>PB&J Sandwich & Cheese Stick</i></p> <p>Fresh Fruit Salad Crispy Oven Fries Cole Slaw Baked Beans <i>or</i> Salad Meal w/ Ham</p>	<p>14 Strawberry Oatmeal Bar Fresh Fruit</p> <p><i>Seasoned Beef Steak w/ gravy/roll</i> <i>Or</i> <i>BBQ Sandwich</i></p> <p>Mixed Fruit in Jello Mashed Potatoes Steamed Broccoli w/cheese <i>or</i> Salad Meal w/ Hummus</p>	<p>15 Nutri Grain Bar Banana</p> <p><i>PBJ Sandwich w/ Cheese Stick</i></p> <p>Fresh Fruit Celery/Carrots w/Ranch Dressing Sun Chips <i>or</i> Salad Meal w/ Chicken Strips</p> <p>Early Release Day</p>	<p>16</p> <p>MID WINTER BREAK</p>
<p>19</p> <p>MID WINTER BREAK</p>	<p>20 Strawberry Apple Bar Fresh Fruit</p> <p><i>Chicken Strips w/ Roll</i> <i>Or</i> <i>Seasoned Chicken, Soft Shell Taco w/ Cheese</i></p> <p>Fresh Fruit Leaf Lettuce & Tomato Slice Baked Tostito Chips w/Salsa Baked Beans Green Peas <i>Or</i> Salad Meal w/ Turkey</p>	<p>21 Pancake Pup Chilled Fruit Juice Fresh Fruit</p> <p><i>Oven Fried Chicken</i> <i>Or</i> <i>Beef & Cheese Nachos</i></p> <p>Fresh Fruit Collard Greens Baked Sweet Potato Cornbread <i>Or</i> Salad Meal w/ Chicken Strips</p>	<p>22 Super Donut Cheese Stick Fresh Fruit</p> <p><i>BBQ on Bun</i> <i>Or</i> <i>Chicken Chunks w/ Roll</i></p> <p>Fresh Fruit Chilled Cole Slaw Carrot Sticks w/Ranch Dressing Seasoned Green Beans <i>Or</i> Salad Meal w/ Chicken Chunks</p>	<p>23 Cereal Bar Cut Fresh Fruit</p> <p><i>Chicken Nuggets w/ Yeast Roll</i> <i>Or</i> <i>Pepperoni Pizza</i></p> <p>Fresh Fruit Sweet Potato Fries Seasoned Baked Beans Coleslaw Corn on the Cob <i>Or</i> Salad Meal w/ Ham & Cheese</p>
<p>26 Breakfast Pizza Fresh Cut Fruit</p> <p><i>Hamburger on Bun</i> <i>Or</i> <i>Philly Cheese Steak w/ Bun</i></p> <p>Fresh Fruit Leaf Lettuce/Tomato Slice Sweet Potato Fries Fresh Broccoli w/Dip <i>Or</i> Salad Meal w/ Chicken Chunks</p>	<p>27 Sausage Biscuit Fresh red/green grapes Chilled Fruit Juice</p> <p><i>Hot Dog on a Bun</i> <i>Or</i> <i>BBQ on Bun</i></p> <p>Fresh Fruit Crispy Oven Fries Fresh Broccoli/Carrot Sticks w/ Ranch Dressing Fresh Sliced Nectarines <i>Or</i> Salad Meal with Ham and Cheese</p>	<p>28 Pancake Pup Chilled Fruit Juice Fresh Fruit</p> <p><i>Oven Fried Chicken</i> <i>Or</i> <i>Fish Nuggets w/ hush puppy</i></p> <p>Fresh Fruit Collard Greens Baked Sweet Potato Cornbread <i>or</i> Salad Meal w/tuna salad</p>		

“This Institution is an Equal Opportunity Provider and Employer.”