

# September 2018

Offer Versus Serve Menu  
SCIS, SCMS and FCS

Choose 1 Entree

Choose (1/2 cup+) fruit/veggie

Choose 1 Milk

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><b>Labor Day Holiday</b></p>	<p>4</p> <p><i>Strawberry Oatmeal Bar</i> <i>Fresh Fruit</i></p> <p><i>Seasoned Beef Steak</i> <i>w/ gravy/roll</i> <i>Or</i> <i>Spaghetti w/Meat Sauce</i></p> <p><i>Fresh Fruit</i> <i>Side Salad w/ Dressing</i> <i>Steamed Broccoli w/cheese</i> <i>OR</i> <i>Salad Meal w/ Chicken Salad</i></p>	<p>5</p> <p><i>Banana Loaf</i> <i>Fresh Fruit</i></p> <p><i>Ham and Cheese Sandwich</i> <i>Or</i> <i>Sausage/Cheese Pizza</i></p> <p><i>Fresh Chilled Fruit</i> <i>Side Salad w/Dressing</i> <i>Sweet Potato Fries</i> <i>Tortilla chips w/Salsa</i> <i>or</i> <i>Salad Meal w/Tuna Salad</i></p>	<p>6</p> <p><i>Nutri Grain Bar</i> <i>Fresh Fruit</i></p> <p><i>Cheesesticks w/Marinara</i> <i>Sauce</i> <i>or</i> <i>Oven Fried Chicken w/roll</i></p> <p><i>Fresh Fruit</i> <i>Seasoned Turnip Greens</i> <i>Baby Carrots w/Dip</i> <i>Cornbread</i> <i>or</i> <i>Salad Meal w/ Ham Salad</i></p>	<p>7</p> <p><i>Strawberry Oatmeal Bar</i> <i>Fresh Fruit</i></p> <p><i>Beef Strips</i> <i>or</i> <i>Fish Sticks</i></p> <p><i>Fresh Fruit</i> <i>Baked Potato</i> <i>School Made Yeast Roll</i> <i>Broccoli w/Ranch Dressing</i> <i>or</i> <i>Salad Meal with Chicken Strips</i></p>
<p>10</p> <p><i>Strawberry Oatmeal Bar</i> <i>Fresh Fruit</i> <i>Chilled Fruit Juice</i></p> <p><i>Chicken Patty Sandwich</i> <i>or</i> <i>Southern Meatloaf w/ Roll</i></p> <p><i>Fresh Fruit</i> <i>Leaf Lettuce/Tomato Slice</i> <i>Corn on the Cob</i> <i>Cucumber Sticks w/Dip</i> <i>or</i> <i>Salad Meal w/Chicken Salad</i></p>	<p>11</p> <p><i>Powdered Doughnuts</i> <i>Fresh Fruit</i></p> <p><i>Seasoned Chicken, Soft Shell</i> <i>Taco w/Cheese</i> <i>or</i> <i>BBQ on Bun</i></p> <p><i>Fresh Fruit</i> <i>Shredded Lettuce and</i> <i>Diced Tomatoes</i> <i>Corn on the Cob</i> <i>OR</i> <i>Salad Meal w/ Ham and Cheese</i> <i>cubes</i></p>	<p>12</p> <p><i>Banana Loaf</i> <i>Fresh Fruit</i></p> <p><i>Ham and Cheese Sandwich</i> <i>Or</i> <i>Sausage/Cheese Pizza</i></p> <p><i>Fresh Chilled Fruit</i> <i>Side Salad w/Dressing</i> <i>Sweet Potato Fries</i> <i>Tortilla chips w/Salsa</i> <i>or</i> <i>Salad Meal w/Tuna Salad</i></p>	<p>13</p> <p><i>Strawberry Oatmeal Bar</i> <i>Fresh Fruit</i></p> <p><i>Seasoned Beef Steak w/</i> <i>gravy/roll</i> <i>Or</i> <i>BBQ Sandwich</i></p> <p><i>Fresh Fruit</i> <i>Mashed Potatoes</i> <i>Steamed Broccoli w/cheese</i> <i>OR</i> <i>Salad Meal w/ Chicken Strips</i></p>	<p>14</p> <p><i>Nutri Grain Bar</i> <i>Fresh Fruit</i></p> <p><i>PBJ Sandwich w/ Cheese Stick</i> <i>Or</i> <i>Ham and Cheese Sandwich</i></p> <p><i>Fresh Fruit</i> <i>Celery/Carrots</i> <i>w/Ranch Dressing</i> <i>Cheese Stick</i> <i>or</i> <i>Salad Meal w/ Chicken Strips</i></p> <p><b>EARLY RELEASE DAY</b></p>
<p>17</p> <p><i>Cereal Bar</i> <i>Cut Fresh Fruit</i></p> <p><i>Chicken Nuggets w/ Yeast Roll</i> <i>Or</i> <i>Pepperoni Pizza</i></p> <p><i>Mixed Fresh Fruit Salad</i> <i>Sweet Potato Fries</i> <i>Seasoned Baked Beans</i> <i>Coleslaw</i> <i>Corn on the Cob</i> <i>Or</i> <i>Salad Meal w/ Ham &amp; Cheese</i></p>	<p>18</p> <p><i>Blueberry Muffins</i> <i>Fresh Fruit</i></p> <p><i>Hot dog</i> <i>Or</i> <i>Cheeseburger</i></p> <p><i>Fresh Fruit</i> <i>Crispy Oven Fries</i> <i>Cole Slaw</i> <i>Baked Beans</i> <i>OR</i> <i>Salad Meal w/ Ham</i></p>	<p>19</p> <p><i>Strawberry Oatmeal Bar</i> <i>Fresh Fruit</i></p> <p><i>Seasoned Beef Steak w/ gravy/roll</i> <i>Or</i> <i>Spaghetti w/Meat Sauce</i></p> <p><i>Fresh Fruit</i> <i>Vegetable Side Salad/w dressing</i> <i>Steamed Broccoli w/cheese</i> <i>OR</i> <i>Salad Meal w/ Chicken Salad</i></p>	<p>20</p> <p><i>Pancake Pup</i> <i>Fresh Fruit</i></p> <p><i>Oven Fried Chicken</i> <i>Or</i> <i>Fish Nuggets w/ hush puppy</i></p> <p><i>Fresh Fruit</i> <i>Collard Greens</i> <i>Baked Sweet Potato</i> <i>Cornbread</i> <i>or</i> <i>Salad Meal w/tuna salad</i></p>	<p>21</p> <p><i>Fruit Muffin w/Sausage</i> <i>Fresh Fruit</i></p> <p><i>Ham and Cheese Sandwich</i> <i>Or</i> <i>Chicken Nuggets w/ Roll</i></p> <p><i>Chilled Fresh Fruit</i> <i>Side Salad w/ Dressing</i> <i>Sun Chips</i> <i>Carrot Sticks/ w Dip</i> <i>or</i> <i>Salad Meal w/ Ham &amp; Cheese</i></p>
<p>24</p> <p><i>Nutri Grain Bar</i> <i>Fresh Fruit</i> <i>Chilled Fruit Juice</i></p> <p><i>Mozzarella Cheese Sticks</i> <i>Marinara Sauce Dip</i> <i>Or</i> <i>Cheese Burger on Bun</i></p> <p><i>Apple Slices w/PB&amp;J Dip</i> <i>Garden Salad w/Tomatoes</i> <i>w/Ranch Dressing</i> <i>Seasoned Green Beans</i> <i>Or</i> <i>Salad Meal w/ Tuna Salad</i></p>	<p>25</p> <p><i>Strawberry Apple Bar</i> <i>Fresh Fruit</i></p> <p><i>Chicken Strips w/ Roll</i> <i>Or</i> <i>Seasoned Chicken, Soft Shell</i> <i>Taco w/ Cheese</i></p> <p><i>Fresh Fruit</i> <i>Leaf Lettuce &amp; Tomato Slice</i> <i>Baked Tostito Chips w/Salsa</i> <i>Baked Beans</i> <i>Green Peas</i> <i>Or</i> <i>Salad Meal w/ Turkey</i></p>	<p>26</p> <p><i>Pancake Pup</i> <i>Chilled Fruit Juice</i> <i>Fresh Fruit</i></p> <p><i>Oven Fried Chicken</i> <i>Or</i> <i>Beef &amp; Cheese Nachos</i></p> <p><i>Fresh Fruit</i> <i>Collard Greens</i> <i>Baked Sweet Potato</i> <i>Cornbread</i> <i>Or</i> <i>Salad Meal w/ Chicken Strips</i></p>	<p>27</p> <p><i>Super Donut</i> <i>Cheese Stick</i> <i>Fresh Fruit</i></p> <p><i>BBQ on Bun</i> <i>Or</i> <i>Chicken Chunks w/ Roll</i></p> <p><i>Fresh Fruit</i> <i>Chilled Cole Slaw</i> <i>Carrot Sticks w/Ranch Dressing</i> <i>Seasoned Green Beans</i> <i>Or</i> <i>Salad Meal w/ Chicken</i> <i>Chunks</i></p>	<p>28</p> <p><i>Cereal Bar</i> <i>Cut Fresh Fruit</i></p> <p><i>Chicken Nuggets w/ Yeast Roll</i> <i>Or</i> <i>Pepperoni Pizza</i></p> <p><i>Mixed Fresh Fruit Salad</i> <i>Sweet Potato Fries</i> <i>Seasoned Baked Beans</i> <i>Coleslaw</i> <i>Corn on the Cob</i> <i>Or</i> <i>Salad Meal w/ Ham &amp; Cheese</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>O 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>Detailed nutrient information can be seen at SNP Central Office by contacting Martha Harvey at 229-931-8546 or mharvey@sumterschools.org</p>	 <p>Choice Of Chilled Milk Served with all meals.</p>