

# October 2018



Georgia Apple Day  
Tuesday, October 30,  
2018  
"Crunch"

Choose 1 Entree

Choose (1/2 cup+) fruit/veggie

Monday	Tuesday	Wednesday	Thursday	Friday		
<p>1 Cereal Bar Cut Fresh Fruit</p> <p>Chicken Nuggets w/ Yeast Roll Or Pepperoni Pizza</p> <p>Mixed Fresh Fruit Salad Sweet Potato Fries Seasoned Baked Beans Coleslaw Corn on the Cob Or Salad Meal w/ Ham Salad</p>	<p>2 Strawberry Oatmeal Bar Fresh Fruit</p> <p>Seasoned Beef Steak w/ gravy/roll Or Spaghetti w/Meat Sauce</p> <p>Fresh Fruit Side Salad w/ Dressing Steamed Broccoli w/cheese Or Salad Meal w/ Chicken Salad</p>	<p>3 Banana Loaf Fresh Fruit</p> <p>Ham and Cheese Sandwich Or Sausage/Cheese Pizza</p> <p>Fresh Chilled Fruit Side Salad w/Dressing Sweet Potato Fries Tortilla chips w/Salsa or Salad Meal w/Tuna Salad</p>	<p>4 Nutri Grain Bar Fresh Fruit</p> <p>Cheesesticks w/Marinara Sauce or Oven Fried Chicken w/roll</p> <p>Fresh Fruit Seasoned Turnip Greens Baby Carrots w/Dip Cornbread or Salad Meal w/ Ham Salad</p>	<p>5 Strawberry Oatmeal Bar Fresh Fruit</p> <p>Beef Strips or Fish Sticks</p> <p>Fresh Fruit Baked Potato School Made Yeast Roll Broccoli w/Ranch Dressing or Salad Meal with Chicken Strips</p>		
<p>8 Strawberry Oatmeal Bar Fresh Fruit Chilled Fruit Juice</p> <p>Chicken Patty Sandwich or Southern Meatloaf w/ Roll</p> <p>Fresh Fruit Leaf Lettuce/Tomato Slice Corn on the Cob Cucumber Sticks w/Dip or Salad Meal w/Chicken Salad</p>	<p>9 Powdered Doughnuts Fresh Fruit</p> <p>Seasoned Chicken, Soft Shell Taco w/Cheese or BBQ on Bun</p> <p>Fresh Fruit Shredded Lettuce and Diced Tomatoes Corn on the Cob Or Salad Meal w/ Ham and Cheese</p>	<p>10 Banana Loaf Fresh Fruit</p> <p>Ham and Cheese Sandwich Or Sausage/Cheese Pizza</p> <p>Fresh Chilled Fruit Side Salad w/Dressing Sweet Potato Fries Tortilla chips w/Salsa or Salad Meal w/Tuna Salad</p>	<p>11 Nutri Grain Bar Fresh Fruit</p> <p>PBJ Sandwich w/ Cheese Stick Or Ham and Cheese Sandwich Fresh Fruit Celery/Carrots w/Ranch Dressing Cheese Stick or Salad Meal w/ Chicken Strips <b>EARLY RELEASE</b></p>	<p>12</p> <p><b>Fall Break</b></p>		
<p>15 Cereal Bar Cut Fresh Fruit</p> <p>Chicken Nuggets w/ Yeast Roll Or Pepperoni Pizza</p> <p>Mixed Fresh Fruit Salad Sweet Potato Fries Seasoned Baked Beans Coleslaw/ Corn on Cob Or Salad Meal w/ Ham &amp; Cheese</p>	<p>16 Blueberry Muffins Fresh Fruit</p> <p><b>NATIONAL SCHOOL LUNCH WEEK CELEBRATION, 2018</b></p> <p>Chili Cheese Dog Or Cheeseburger</p> <p>Fresh Fruit Crispy Oven Fries Cole Slaw Baked Beans Or Salad Meal w/ Ham</p>			<p>17 <b>FRUIT-A-LICIOUS BREAKFAST CUP</b></p> <p>Seasoned Beef Steak w/ gravy/roll Or Spaghetti w/Meat Sauce</p> <p>Fresh Fruit Vegetable Side Salad/w dressing Steamed Broccoli w/cheese Or Salad Meal w/ Chicken Salad</p>	<p>18 Pancake Pup Fresh Fruit</p> <p>Oven Fried Chicken Or Fish Nuggets w/ hush puppy</p> <p>Fresh Fruit Collard Greens Baked Sweet Potato Cornbread or Salad Meal w/tuna salad</p>	<p>19 Fruit Muffin w/Sausage Fresh Fruit</p> <p>Ham and Cheese Sandwich Or Chicken Nuggets w/ Roll</p> <p>Chilled Fresh Fruit Side Salad w/ Dressing Sun Chips Carrot Sticks/ w Dip or Salad Meal w/ Ham &amp; Cheese</p>
<p>22 Nutri Grain Bar Fresh Fruit Chilled Fruit Juice</p> <p>Mozzarella Cheese Sticks Marinara Sauce Dip Or Cheese Burger on Bun</p> <p>Apple Slices w/PB&amp;J Dip Garden Salad w/Tomatoes w/Ranch Dressing Seasoned Green Beans Or</p>	<p>23 Strawberry Apple Bar Fresh Fruit</p> <p>Chicken Strips w/ Roll Or Seasoned Chicken, Soft Shell Taco w/ Cheese</p> <p>Fresh Fruit Leaf Lettuce &amp; Tomato Slice Baked Tostito Chips w/Salsa Baked Beans Green Peas Or</p>	<p>24 Pancake Pup Chilled Fruit Juice Fresh Fruit</p> <p>Oven Fried Chicken Or Beef &amp; Cheese Nachos</p> <p>Fresh Fruit Collard Greens Baked Sweet Potato Cornbread Or Salad Meal w/ Chicken Strips</p>	<p>25 Super Donut Cheese Stick Fresh Fruit</p> <p>BBQ on Bun Or Chicken Chunks w/ Roll</p> <p>Fresh Fruit Chilled Cole Slaw Carrot Sticks w/Ranch Dress- ing Seasoned Green Beans Or</p>	<p>26 Cereal Bar Cut Fresh Fruit</p> <p>Chicken Nuggets w/ Yeast Roll Or Pepperoni Pizza</p> <p>Mixed Fresh Fruit Salad Sweet Potato Fries Seasoned Baked Beans Coleslaw Corn on the Cob Or</p>		
<p>29 Strawberry Oatmeal Bar Fresh Fruit</p> <p>Seasoned Beef Steak w/ gravy/roll Or BBQ Sandwich</p> <p>Fresh Fruit Mashed Potatoes Steamed Broccoli w/cheese Or Salad Meal w/ Chicken Strips</p>	<p>30 Maple Flavored Pancakes Fresh Fruit</p> <p>Homemade Chicken Pot Pie w/vegetables Side Vegetable Salad w/ dress- ing Macaroni and Cheese <b>APPLE STICKS WITH PBJ DIP</b> <b>"Georgia Apple Day"</b></p>	<p>31 Nutri Grain Bar Fresh Fruit</p> <p>PBJ Sandwich w/ Cheese Stick Or Ham and Cheese Sandwich</p> <p>Fresh Fruit Celery/Carrots w/Ranch Dressing Cheese Stick or Salad Meal w/ Chicken Strips</p>	<p><b>Special Notice to Adults:</b> The following applies to all menu items:</p> <ol style="list-style-type: none"> <li>1. 0 Trans fats</li> <li>2. Low Sodium</li> <li>3. Reduced Sugar</li> <li>4. 100% Whole Grain Rich</li> </ol> <p>Detailed nutrient information can be seen at SNP Central Office by contact- ing Martha Harvey at 229-931-8546 or mharvey@sumterschools.org</p>			

