

# NOVEMBER 2009

MONDAY

TUESDAY

# RICHLAND COUNTY SCHOOL DISTRICT ONE

WEDNESDAY

THURSDAY

FRIDAY

- Assorted Cereals are offered as an Alternative Meal at Breakfast.
- Salad is offered as an Alternate Meal at Lunch, which could include iceberg lettuce, purple cabbage, shredded carrots, spinach, tomato, shredded cheese, hard boiled egg half, orange wedge, grapes, kiwi and seasonal fruits.
- Assorted 100% Fruit Juices are offered daily at Breakfast and Lunch.
- Fresh Fruit is offered daily, which could include apples, pears, bananas, grapes and oranges or any combination based on availability.
- Whole Wheat bread, breadsticks and crackers are available daily.
- Milk is offered in 1%, skim and fat free varieties in addition to low fat milk in strawberry, vanilla and chocolate.

ΨThe purpose of the Manager's Choice Menus is to allow each base kitchen to utilize inventory on hand.

<p><b>2</b> Super Bun 40g</p> <p>Corn Dog 33g Cole Slaw 5g Baked Beans 8g Assorted Fresh Fruit 16g</p>	<p><b>3</b> Breakfast Pizza 23g</p> <p>Creamy Cheese Grits 65g Country Sausage 2g Wheat Toast W / Jelly 26g Spiced Apples 37g Slice Tomatoes 3g Assorted Fresh Fruit 16g</p>	<p><b>4</b> Cinnamon Pancakes 39g</p> <p>Box Lunch Assorted Salad 24g Wheat Croissant 31g Fresh Fruit Salad 16g Fresh Baked Cookie 16g</p>	<p><b>5</b> Cheese Toast 13g</p> <p>Manager's Choice</p>	<p><b>6</b> Manager's choice</p> <p>Vegetable Soup 12g 26g Grilled Cheese or PBJ Sandwich 30g Frozen Fruit Cup 26g Assorted Fresh Fruit 16g</p>
<p><b>9</b> Breakfast Pizza 30g</p> <p>Hamburger w/ trimmings 29g Baked Fries 23g Vegetable Medley 6g Fresh Fruit 16g</p>	<p><b>10</b> Pancakes 39g</p> <p>Chicken Nuggets 19g Glazed Carrots 6g Broccoli Salad 5g Fresh Assorted Fruit 16g Yeast Roll 26g</p>	<p><b>11</b> Chicken Biscuit 30g</p> <p>Hoagie 33g Pickle Spears 1g Lettuce / Tomato 2g Baked Tater Tots 21g Frozen Fruit Bar 21g Assorted Fresh Fruit 16g</p>	<p><b>12</b> 19g Yogurt w / Pro Ball 17g</p> <p>Spaghetti w Meat Sauce 28g Tossed Salad 4g Applesauce 11g Cinnamon Rolls 30g Fresh Fruit 16g</p>	<p><b>13</b> Cinnamon Swirl Loaf 41g</p> <p>Hot Dog w / Chili 24g Cole Slaw 6g Seasoned Potatoes 9g Assorted Fresh Fruit 16g</p>
<p><b>16</b> Sausage Biscuit 29g</p> <p>Chicken Sandwich on Wheat Bun 35g Seasoned Potatoes 23g Steamed Broccoli 4g Sherbet Cups 26g Fresh Fruit 16g</p>	<p><b>17</b> Waffles 32g</p> <p>Baked Ravioli w/Cheese 33g Tossed Spinach Salad 6g Pineapple Fruited Jell-O 25g Breadstick 19g Fresh Fruit 16g</p>	<p><b>18</b> 23g Muffins/Yogurt 19g</p> <p>Nachos w / Taco Meat 36g Salad 4g Mexicali Corn 18g Assorted Fresh Fruit 16g <b>Choice Bag Lunch for ½ Day 95g</b></p>	<p><b>19</b> Pancake on a Stick 23g</p>  <p>Turkey &amp; Dressing w/ Gravy 48g Green Beans 4g Candied Yams 30g Cranberry Sauce 8g Fresh Fruit Salad 19g Hot Dinner Rolls 26g</p>	<p><b>20</b> Cream Cheese Sticks 28g</p> <p>BBQ on Grain Bun 29g Corn on Cob 19g Veggie Cups w Dressing 9g Assorted Fresh Fruit 16g</p>
<p><b>23</b> Manager's Choice</p> <p>Pizza 44g Tossed Spinach Salad 6g Seasoned Baked Fries 23g Assorted Fresh Fruit 16g</p>	<p><b>24</b> Cheese Grits 65g</p> <p>Creole Steak 8g Mashed Potatoes 15g Collard Greens 4g Rolls 26g Harvest Theme Cookie 16g Assorted Fresh Fruit 16g</p>	<p><b>25</b></p>  <p>Happy Holidays</p>	<p><b>26</b></p>  <p>Thanksgiving Break</p>	<p><b>27</b></p>  <p>Happy Holidays</p>
<p><b>30</b> Super Bun 40g</p> <p>Corn Dog 33g Cole Slaw 5g Baked Beans 8g Assorted Fresh Fruit 16g</p>			<p><u>Lunch</u> Reduced Price: \$0.40 Full Price: \$1.35 Adult Price: \$3.10</p>	<p><u>Breakfast</u> Reduced Price: \$0.30 Full Price: 0.75 Adult Price: \$1.80</p>