

FEBRUARY 2010

RICHLAND COUNTY SCHOOL DISTRICT ONE

MONDAY

TUESDAY

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>1 Managers Choice</p> <p>Pizza Tossed Spinach Salad Seasoned Baked Fries Assorted Fresh Fruit</p>	<p>2 Cinnamon Swirl Bread</p> <p>Creole Steak Mashed Potatoes Green Beans Wheat Rolls Assorted Fresh Fruit</p>	<p>3 Ham Biscuit</p> <p>Fish Nuggets Veggie Sticks/w dressing Oven Roasted Taters Frozen Fruit Fiesta Hushpuppies Assorted Fresh Fruit</p>	<p>4 Whole Grain Apple Roll</p> <p>Beef-a-roni Sweet Peas Congealed Salad Wheat Bread Sticks Assorted Fresh Fruit</p>	<p>5 Vanilla Yogurt W/ Honey Grain Dippers</p> <p>Manager's Choice</p>
<p>8 Super Bun</p> <p>Corn Dog Cole Slaw Baked Beans Assorted Fresh Fruit</p>	<p>9 Breakfast Pizza</p> <p>Creamy Cheese Grits Country Sausage Toast and Jelly Spiced Apples Sliced Tomatoes Assorted Fresh Fruit</p>	<p>10 Pancakes Box Lunch Assorted Salad Wheat Croissant Fresh Fruit Salad Valentine's Cookie</p> 	<p>11 Cheese Toast or Cheese Filled Breadsticks</p> <p>Manager's choice</p>	<p>12 Managers choice</p> <p>Vegetable Soup Grilled Cheese or PBJ Sandwich Frozen Fruit Cup Assorted Fresh Fruit</p>
<p>15 Student Holiday</p>	<p>16 Chicken Biscuit</p> <p>Hamburger w/Trimming on Grain Bun Baked Fries Vegetable Medley Assorted Fresh Fruit</p>	<p>17 Pancakes</p> <p>Chicken Nuggets Glazed Carrots Broccoli Salad Yeast Roll Fresh Assorted Fruit</p>	<p>18 Yogurt w/Pro Ball</p> <p>Spaghetti w/ Meat Sauce Tossed Salad Applesauce Cinnamon Rolls Fresh Fruit</p>	<p>19 Cinnamon Swirl Bread</p> <p>Hog Dog w/ chili Cole Slaw Seasoned Potatoes Assorted Fresh Fruit</p>
<p>22 Sausage Biscuit</p> <p>Chicken Sandwich on Wheat Bun Seasoned Potatoes Steamed Broccoli Sherbet Cups Fresh Fruit</p>	<p>23 Waffles</p> <p>Baked Ravioliw/Cheese Tossed Spinach Salad Fruited Jell-O Garlic Bread Sticks Assorted Fresh Fruit</p>	<p>24 Muffins/Yogurt Nachos w / Taco Meat Salad Mexicali Corn Assorted Fresh Fruit</p> <p>Choice Bag Lunch for Early Dismissal</p>	<p>25 Pancakes <i>Black History Month Celebration</i> Ham, Mac and Cheese Black-eyed Peas Collard Greens Cornbread Squares Fruit Cobbler Assorted Fresh Fruit</p>	<p>26 Steak Biscuit</p> <p>BBQ on Bun Corn on Cob Baby Carrot Sticks w Dressing Assorted Fresh Fruit</p>
			<p>Breakfast Reduced Price: \$0.30 Full Price: \$0.75 Adult Price: \$1.80</p>	<p>Lunch Reduced Price: \$0.40 Full Price: Elem. \$1.35 Secondary \$1.50 Adult Price: \$3.00</p>



Amore

