

OCTOBER 2009

SCOTLAND COUNTY SCHOOLS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 Grilled Cheese Sandwich Apple ½, Juice and Milk Bar B Q Rib on White or Wheat Bun Cole Slaw Baked Beans Applesauce Cold Milk	2 Breakfast Pizza Orange Wedge, Juice and Milk Toasted Ham and Cheese Baked Fries Lima Beans Chilled Peaches Cold Milk
5 Super Donut Juice and Milk Cheeseburger White or Wheat Bun Lettuce and Pickle Steamed Corn Crystal Apple Cold Milk	6 Blueberry Muffin Fresh Apple ½, Juice and Milk Sliced Ham Wheat Roll Macaroni and Cheese Lima Beans Chilled Pineapples Cold Milk	7 Ham Biscuit Orange Wedge, Juice and Milk Taco Hard or Soft Shell Lettuce, Cheese & Tomato Cup Refried Beans California Blend Vegetables Chilled Peaches ¼ cup Cold Milk	8 Pop Tarts Juice and Milk Lasagna Wheat Bread Stix Sweet Peas Orange Wedge Cold Milk	9 Grits, Sausage and Toast Juice and Milk Hot Dog On White or Wheat Bun Cole Slaw Potato Tots Green Beans Chilled Pears Cold Milk
12 Peanut Butter & Jelly Sandwich, Juice and Milk Pizza Carrot Sticks w/ Ranch Dip Fresh Grapes Golden Sweet Potato Brownie Cold Milk 2 nd Choice Chicken Salad w/ Crackers	13 Pancake Roll up Juice and Milk Vegetable Quesadilla Mexicali Corn Green Apple Slices Cold Milk 2 nd Choice Cheeseburger	14 Breakfast Burrito Juice and Milk Chef Salad w/ Turkey Fresh Strawberries Sweet Peas Wheat Breadstick Cold Milk 2 nd Choice Chicken Nuggets	15 Sausage Biscuit Juice and Milk Turkey Ham and Cheese Sandwich Pickle Spears ¼ cup Fresh Apple Cold Milk 2 nd Choice PB & J ½ Day for Students	16 Grilled Cheese sandwich Juice and Milk Chicken Parmesan W/ Pasta Green Beans Mixed Fruit Whole Grain Roll Cold Milk 2 nd Choice Chic Fillet
19 Super Donut Juice and Milk Salisbury Steak Hot Wheat Roll Whipped Potatoes w/ Gravy Pinto Beans Orange Wedge Cold Milk	20 Peanut Butter & Jelly Sandwich Orange Wedge, Juice and Milk Spaghetti w/ Meat Sauce Wheat Bread Sticks California Vegetable Blend Chilled Peaches Cold Milk	21 Bagel Stix Juice and Milk Creamed Chicken over Rice w/ Cornbread Steamed Cabbage Field Peas Chilled Pears Cold Milk	22 Pancake Rollup Juice and Milk Chili Beans Grilled Cheese Sandwich Tossed Salad Orange Wedge Cold Milk	23 Pop Tarts Juice and Milk Sloppy Joe On White or Wheat Bun Cole Slaw Baked Beans Crystal Apple Cold Milk
26 Breakfast Pizza Juice and Milk Chicken Nuggets Wheat Bread Sticks Whipped Potatoes California Vegetable Blend Orange Wedge Cold Milk	27 Grilled Cheese Juice and Milk Beef-a-Roni Sweet Peas Steamed Carrots Crystal Apple Cold Milk	28 Sausage Biscuit Fresh Apple ½, Juice and Milk Tacos Hard or Soft Shell Lettuce, Tomato and Cheese Cup Refried Beans Mexicali Corn Chilled Peaches Cold Milk	29 Blueberry Muffin Juice and Milk Sliced Turkey Roast or Ham Hot Wheat Roll Brown Rice w/ Gravy Turnip Greens Chilled Applesauce Cold Milk	30 Grits, Sliced Ham, Toast Juice and Milk Bar B Q Rib on White or Wheat Hot Dog Bun Baked Fries Green Beans Orange wedge Cold Milk

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