

SCCPSS October Lunch Menu

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------|---|--|---|---|--|
| WEEK 1 Oct. 1-2 | | | | Chicken Tenders & Biscuit Collard Greens Sour Raisins 1% or Skim Milk | BBQ Sandwich Meal Kit Baked Beans Applesauce Cup 1% or Skim Milk |
| WEEK 2 Oct. 5-9 | Cheeseburger Sweet Potato Puffs Fresh Grapes 1% or Skim Milk | Chicken Nuggets & Roll Ranch Beans Fresh Orange 1% or Skim Milk | Kielbasa Dog Corn Peach Cup 1% or Skim Milk | Spaghetti & Breadstick Buttered Carrots Strawberry Cup 1% or Skim Milk | HOLIDAY NO SCHOOL |
| WEEK 3 Oct. 12-16 | HOLIDAY NO SCHOOL | Chicken Brioche Sandwich Baby Carrots Blueberry Crisp 1% or Skim Milk | Chicken Broccoli Alfredo Lima Beans Peach Cup 1% or Skim Milk | Oven Fried Chicken & Roll Turnip Greens Fresh Apple 1% or Skim Milk | Sloppy Joe Sandwich Meal Kit Sautéed Summer Squash Mixed Berry Cup 1% or Skim Milk |
| WEEK 4 Oct. 19-23 | Meatball Potato Power Bowl Pizza Seasoned Green Beans Fresh Watermelon 1% or Skim Milk | Chicken Wings & Garlic Knot Celery Sticks Strawberry Cup 1% or Skim Milk | Mandarin Chicken & Rice Braised Cabbage Fresh Pear 1% or Skim Milk | Chicken Tenders & Biscuit Collard Greens Fresh Apple 1% or Skim Milk | BBQ Sandwich Meal Kit Baked Beans Applesauce Cup 1% or Skim Milk |
| WEEK 5 Oct. 26-30 | Cheeseburger Sweet Potato Puffs Fresh Grapes 1% or Skim Milk | Chicken Nuggets & Roll Bean Dip & Baby Carrots Tangerines 1% or Skim Milk | Kielbasa Dog Corn Peach Cup 1% or Skim Milk | Spaghetti & Breadstick Green Beans Mixed Berry Cup 1% or Skim Milk | Cheesy Breadsticks & Marinara Green Peas Strawberry Cup 1% or Skim Milk |

Breakfast meals will include a variety of cereals, crackers, or breakfast breads/sandwiches. All breakfast meals come with cupped fruit and choice of milk.

BREAKFAST AND LUNCH MEALS ARE FREE FOR ALL STUDENTS.

**View the SCCPSS website for bus routes and days of delivery by location if you are learning virtually.*

**All students in schools for in person learning will be offered breakfast and lunch during the school day. Meals will be pre-packaged and eaten in the classroom.*

Local Harvest of the Month: SQUASH

- ⇒ Squashes are members of the Cucurbitaceae (gourd) family.
- ⇒ Summer squashes are in season May through October. These include zucchini, yellow, and scallop squashes.
- ⇒ Yellow squash and zucchini are two of Georgia's top 10 vegetables produced in the state (2018 Farm Gate Value Report).
- ⇒ Winter squashes are in season September through March. These include pumpkin, acorn, butternut, and spaghetti squashes.
- ⇒ Winter squashes have hard, thick skin that allows them to be stored in a dry, cool location for several months!



This institution is an equal opportunity provider.

Menu subject to change based on supplier availability. Contact your school cafeteria for their exact offerings.