





well hello,  
**march**

# 2017 Elementary Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b>  Blueberry Pancakes or Grits & Cheese Bowl Banana 100% Apple Juice White or Chocolate Skim Milk	<b>2</b>  Breakfast Grilled Cheese or Grits & Cheese Bowl Fresh Orange Applesauce White or Chocolate Skim Milk	<b>3</b>  Honey Nut Cheerios or Cinnamon Chex Cereal (GF) Cheese Stick or Grits & Cheese Bowl Fresh Apple 100% Grape Juice White or Chocolate Skim Milk
<b>6</b>  Banana Muffin Cheese Stick or Grits & Cheese Bowl Raisins 100% Orange Juice White or Chocolate Skim Milk	<b>7</b>  Egg & Cheese English Muffin or Grits & Cheese Bowl Fresh Pear Mandarin Oranges White or Chocolate Skim Milk	<b>8</b>  Bear Grahams w/ Vanilla Yogurt or Grits & Cheese Bowl Banana 100% Apple Juice White or Chocolate Skim Milk	<b>9</b>  Cinnamon Pancakes or Grits & Cheese Bowl Fresh Orange Applesauce White or Chocolate Skim Milk	<b>10</b>  Apple Cinnamon Cheerios or Cinnamon Chex Cereal (GF) Cheese Stick or Grits & Cheese Bowl Fresh Apple 100% Grape Juice White or Chocolate Skim Milk
<b>13</b>  Blueberry Muffin Cheese Stick or Grits & Cheese Bowl Raisins 100% Orange Juice White or Chocolate Skim Milk	<b>14</b>  Maple French Toast Sticks Grits & Cheese Bowl Fresh Pear Mandarin Oranges White or Chocolate Skim Milk	<b>15</b>  Bear Grahams w/ Vanilla Yogurt or Grits & Cheese Bowl Banana 100% Apple Juice White or Chocolate Skim Milk  <b>Early Dismissal/PD Day</b>	<b>16</b>  WG Chicken Biscuit or Grits & Cheese Bowl Fresh Orange Applesauce White or Chocolate Skim Milk	 <b>St. Patrick's Day</b> Cinnamon Toast Crunch Cereal or Cinnamon Chex Cereal (GF) Cheese Stick or Grits & Cheese Bowl Fresh Apple 100% Grape Juice White or Chocolate Skim Milk
<b>20</b>  Apple Cinnamon Muffin Cheese Stick or Grits & Cheese Bowl Raisins 100% Orange Juice White or Chocolate Skim Milk	<b>21</b>  Mini Maple Waffles or Grits & Cheese Bowl Fresh Pear Mandarin Oranges White or Chocolate Skim Milk	<b>22</b>  Blueberry Pancakes or Grits & Cheese Bowl Banana 100% Apple Juice White or Chocolate Skim Milk	<b>23</b>  Breakfast Grilled Cheese or Grits & Cheese Bowl Fresh Orange Applesauce White or Chocolate Skim Milk	<b>24</b>  <b>TEACHER WORK DAY NO SCHOOL</b>
<b>27</b>  Banana Muffin Cheese Stick or Grits & Cheese Bowl Raisins 100% Orange Juice White or Chocolate Skim Milk	<b>28</b> Egg & Cheese English Muffin or Grits & Cheese Bowl Fresh Pear Mandarin Oranges White or Chocolate Skim Milk  <b>Report Cards</b>	<b>29</b>  Bear Grahams w/ Vanilla Yogurt or Grits & Cheese Bowl Banana 100% Apple Juice White or Chocolate Skim Milk	<b>30</b>  Cinnamon Pancakes or Grits & Cheese Bowl Fresh Orange Applesauce White or Chocolate Skim Milk	<b>31</b>  Apple Cinnamon Cheerios or Cinnamon Chex Cereal (GF) Cheese Stick or Grits & Cheese Bowl Fresh Apple 100% Grape Juice White or Chocolate Skim Milk

SCHOOL NEWS

**Breakfast Meal Price:**

K-12	\$1.40
Reduced	\$ .30
Adult	\$2.25
Milk	\$ .50

**Lunch Meal Price:**

K-12	\$2.25
Reduced	\$ .40
Premium(M/H)	\$3.50
Adult	\$3.75
Milk	\$ .50



Sunday, March 12th

**Nutrition Services**  
**Charleston County School**  
**District**  
**843-566-8180**

[www.ccsdschools.com](http://www.ccsdschools.com)

A variety of fruits and vegetables are offered daily in addition to the items listed.

This institution is an equal opportunity provider and employer.

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2017

# Elementary Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b>  Spaghetti w/ Meat Sauce WG Garlic breadstick Steamed Broccoli Fresh Pear Red Apple White or Chocolate Skim Milk	<b>2</b>  BBQ Chicken Red Rice Butter Beans Fresh Strawberries Tangerine White or Chocolate Skim Milk	<b>3</b>  Cheeseburger on WG Bun Mayo, Mustard, Ketchup Packet Seasoned Sweet Potato Wedges Chopped Romaine & Sliced Tomato Homemade Pickles Fresh Pear, Red Apple White or Chocolate Skim Milk
	<b>6</b>  Teriyaki Chicken Baked Vegetable "Fried" Rice Honey Ginger Glazed Carrots Fresh Orange Pineapple Tidbits Fortune Cookies White or Chocolate Skim Milk	<b>7</b>  Salisbury Steak w/ Gravy WG Garlic Breadstick Garlic Mashed Red Potatoes Steamed Broccoli Gala Apple Fresh Strawberries White or Chocolate Skim Milk	<b>8</b>  Baked Macaroni & Cheese WG Dinner Roll w/ Margarine Cup Steamed Green Beans Granny Smith Apple Tangerine White or Chocolate Skim Milk	<b>9</b>  Beef Soft Taco on WW Wrap Spanish Rice, Pinto Beans Pico de Gallo, Sour Cream Lettuce & Cheese Fresh Pear, Golden Apple White or Chocolate Skim Milk
<b>13</b>  Popcorn Chicken Confetti Rice Steamed Peas Red Apple Mandarin Orange White or Chocolate Milk	<b>14</b>  Nachos w/ Scoops Spanish Rice Corn & Black Bean Salad Pico de Gallo Lettuce & Cheese LF Sour Cream Golden Apple, Pineapple Tidbits White or Chocolate Milk	<b>15</b>  Honey BBQ Boneless Wings Sweet Potato Wedges Homemade Pickles Tangerine, Fresh Pear White or Chocolate Skim Milk  <b>Early Dismissal/PD Day</b>	<b>16</b>  Chicken & Waffles w/ Maple Syrup Sweet Spinach Salad Warm Cinnamon Apples Fresh Strawberries White or Chocolate Skim Milk	<b>17 St. Patrick's Day</b>  Nardone's Pizza: Cheese or Pepperoni Carrot Pack or Broccoli Cup w/ Light Ranch Packet Fresh Orange, Granny Smith Apple White or Chocolate Skim Milk
<b>20</b>  Orange Chicken Brown Rice Sesame Garlic Green Beans Fortune Cookie Pineapple Tidbits Fresh Strawberries White or Chocolate Skim Milk	<b>21</b>  Grilled American Cheese Sandwich on WG White Bread Homemade Tomato Basil Soup Rosemary Roasted Potato Wedges Golden Apple Fresh Orange White or Chocolate Skim Milk	<b>22</b>  Spaghetti w/ Meat Sauce WG Garlic breadstick Steamed Broccoli Fresh Pear Red Apple White or Chocolate Skim Milk	<b>23</b>  BBQ Chicken Red Rice Butter Beans Fresh Strawberries Tangerine White or Chocolate Skim Milk	<b>24</b>  <b>TEACHER WORK DAY NO SCHOOL</b>
<b>27</b>  Teriyaki Chicken Baked Vegetable "Fried" Rice Honey Ginger Glazed Carrots Fresh Orange Pineapple Tidbits Fortune Cookies White or Chocolate Skim Milk	<b>28</b>  Salisbury Steak w/ Gravy WG Garlic Breadstick Garlic Mashed Red Potatoes Steamed Broccoli Gala Apple, Fresh Strawberries White or Chocolate Skim Milk <b>Report Cards</b>	<b>29</b>  Baked Macaroni & Cheese WG Dinner Roll w/ Margarine Cup Steamed Green Beans Granny Smith Apple Tangerine White or Chocolate Skim Milk	<b>30</b>  Beef Soft Taco on WW Wrap Spanish Rice, Pinto Beans Pico de Gallo, Sour Cream Lettuce & Cheese Fresh Pear, Golden Apple White or Chocolate Skim Milk	<b>31</b>  Nardone's Pizza: Cheese or Pepperoni Romaine Garden Salad w/ Light Ranch Packet Red Apple, Mandarin Oranges White or Chocolate Skim Milk

SCHOOL NEWS

**Breakfast Meal Price:**

K-12	\$1.40
Reduced	\$ .30
Adult	\$2.25
Milk	\$ .50

**Lunch Meal Price:**

K-12	\$2.25
Reduced	\$ .40
Premium(M/H)	\$3.50
Adult	\$3.75
Milk	\$ .50

**Additional Lunch Choices:**

- Chopped Romaine Salad w/ Chicken and Cheese
- Chopped Romaine Salad w/ Cheese
- Turkey Ham & Cheese Sandwich
- PB&J and Cheese Stick

**Nutrition Services**  
**Charleston County School District**

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**march**

# 2017 Middle/High Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 1 Breakfast Grilled Cheese or Grits & Cheese Bowl Banana 100% Apple Juice White or Chocolate Skim Milk				
6 Banana Muffin Cheese Stick or Grits & Cheese Bowl Raisins 100% Orange Juice White or Chocolate Skim Milk	7 Egg & Cheese English Muffin or Grits & Cheese Bowl Fresh Pear Mandarin Oranges White or Chocolate Skim Milk	8 Bear Grahams w/ Vanilla Yogurt or Grits & Cheese Bowl Banana 100% Apple Juice White or Chocolate Skim Milk	9 Cinnamon Pancakes or Grits & Cheese Bowl Fresh Orange Applesauce White or Chocolate Skim Milk	10 Apple Cinnamon Cheerios Cinnamon Chex Cereal (GF) Cheese Stick or Grits & Cheese Bowl Fresh Apple 100% Grape Juice White or Chocolate Skim Milk
13 Blueberry Muffin Cheese Stick or Grits & Cheese Bowl Raisins 100% Orange Juice White or Chocolate Skim Milk	14 Maple French Toast Sticks or Grits & Cheese Bowl Fresh Pear Mandarin Oranges White or Chocolate Skim Milk	15 Bear Grahams w/ Vanilla Yogurt or Grits & Cheese Bowl Banana 100% Apple Juice White or Chocolate Skim Milk <b>Early Dismissal/PD Day</b>	16 Homemade WG Chicken Biscuit or Grits & Cheese Bowl Fresh Orange Applesauce White or Chocolate Skim Milk	 <b>St. Patrick's Day</b> Cinnamon Toast Crunch Cereal Cinnamon Chex Cereal (GF) Cheese Stick or Grits & Cheese Bowl Fresh Apple 100% Grape Juice White or Chocolate Skim Milk
20 Apple Cinnamon Muffin Cheese Stick or Grits & Cheese Bowl Raisins 100% Orange Juice White or Chocolate Skim Milk	21 Mini Maple Waffles or Grits & Cheese Bowl Fresh Pear Mandarin Oranges White or Chocolate Skim Milk	22 Blueberry Pancakes or Grits & Cheese Bowl Banana 100% Apple Juice White or Chocolate Skim Milk	23 Breakfast Grilled Cheese or Grits & Cheese Bowl Fresh Orange Applesauce White or Chocolate Skim Milk	<b>TEACHER WORK DAY NO SCHOOL</b>
27 Banana Muffin Cheese Stick or Grits & Cheese Bowl Raisins 100% Orange Juice White or Chocolate Skim Milk	28 Egg & Cheese English Muffin or Grits & Cheese Bowl Fresh Pear Mandarin Orange s White or Chocolate Skim Milk <b>Report Cards</b>	29 Bear Grahams w/ Vanilla Yogurt or Grits & Cheese Bowl Banana 100% Apple Juice White or Chocolate Skim Milk	30 Cinnamon Pancakes or Grits & Cheese Bowl Fresh Orange Applesauce Cup White or Chocolate Skim Milk	31 Apple Cinnamon Cheerios Cinnamon Chex Cereal (GF) Cheese Stick or Grits & Cheese Bowl Fresh Apple 100% Grape Juice White or Chocolate Skim Milk

## SCHOOL NEWS

### Breakfast Meal Price:

K-12	\$1.40
Reduced	\$ .30
Adult	\$2.25
Milk	\$ .50

### Lunch Meal Price:

K-12	\$2.25
Reduced	\$ .40
Premium(M/H)	\$3.50
Adult	\$3.75
Milk	\$ .50

### SNACK PACK OPTIONS:

Must include choice of:  
 2 Grains or 1 Grain & 1  
 Meat/Meat Alternate  
 Fruit  
 Milk

### Choices are:

WG Pop Tart  
 Nutrigrain Cereal Bar  
 Cocoa Crispy Bar  
 Nature Valley Granola Bar  
 Cereal Pouch  
 Yogurt  
 Cheese Stick

### Daily Options:

Chicken Biscuit  
 Assorted Muffin

### Nutrition Services

Charleston County School  
 District

843-566-8180

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2017

# Middle/High Hot Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Charleston County SCHOOL DISTRICT		<b>1</b>  Spaghetti w/ Meat Sauce WG Garlic breadstick Steamed Broccoli Fresh Pear Strawberries White or Chocolate Skim Milk	<b>2</b>  BBQ Chicken(GF) Red Rice Butter Beans Red Apple Tangerine White or Chocolate Skim Milk	<b>3</b>  Chicken & Cheese Quesadilla w/ Sriracha Ranch Sauce Corn & Black Bean Salad Pico de Gallo Granny Smith Apple Pineapple Tidbits White or Chocolate Skim Milk
	<b>6</b>  Teriyaki Chicken Brown Rice Honey Ginger Glazed Carrots Red Apple Fresh Orange Fortune Cookies White or Chocolate Skim Milk	<b>7</b>  Beef Soft Taco on WW Wrap Spanish Rice, Black Bean & Corn Salad Pico de Gallo, Sour Cream Lettuce & Cheese Golden Apple Fresh Strawberries White or Chocolate Skim Milk	<b>8</b>  Baked Macaroni & Cheese WG Dinner Roll w/ Margarine Cup Steamed Green Beans Fresh Pear, Tangerine White or Chocolate Skim Milk	<b>9</b>  Salisbury Steak w/ Gravy WG Garlic Breadstick Garlic Mashed Red Potatoes Steamed Broccoli Red Apple, Fresh Orange White or Chocolate Skim Milk
<b>13</b>  Chicken & Rice Honey Ginger Glazed Carrots Red Apple Fresh Orange White or Chocolate Skim Milk	<b>14</b>  Nachos w/ Scoops Spanish Rice Fiesta Corn Pico de Gallo Lettuce & Cheese LF Sour Cream Golden Apple, Fresh Strawberries White or Chocolate Skim Milk	<b>15</b>  Honey BBQ Boneless Wings Red Rice Butter Beans Fresh Pear Tangerine White or Chocolate Skim Milk <b>Early Dismissal/PD Day</b>	<b>16</b>  Chicken & Waffles w/ Maple Syrup Sweet Spinach Salad Rosemary Roasted Potato Wedges Red Apple Fresh Orange White or Chocolate Skim Milk	  Chicken & Cheese Quesadilla w/ Sriracha Ranch Sauce Corn & Black Bean Salad Pico de Gallo Granny Smith Apple Pineapple Tidbits White or Chocolate Skim Milk
<b>20</b>  Orange Chicken Brown Rice Honey Ginger Glazed Carrots Red Apple Fresh Orange Fortune Cookie White or Chocolate Skim Milk	<b>21</b>  Grilled Monterey Jack Cheese Sandwich on Multi Grain Bread Homemade Tomato Basil Soup Rosemary Roasted Potato Wedges Golden Apple Fresh Orange White or Chocolate Skim Milk	<b>22</b>  Spaghetti w/ Meat Sauce WG Garlic breadstick Steamed Broccoli Fresh Pear Strawberries White or Chocolate Skim Milk	<b>23</b>  BBQ Chicken(GF) Red Rice Butter Beans Red Apple Tangerine White or Chocolate Skim Milk	<b>24</b>  <b>TEACHER WORK DAY</b> <b>NO SCHOOL</b>
<b>27</b>  Teriyaki Chicken Brown Rice Honey Ginger Glazed Carrots Red Apple Fresh Orange Fortune Cookies White or Chocolate Skim Milk	<b>28</b>  Beef Soft Taco on WW Wrap Spanish Rice, Black Bean & Corn Salad Pico de Gallo, Sour Cream Lettuce & Cheese Golden Apple, Fresh Strawberries White or Chocolate Skim Milk	<b>29</b>  Baked Macaroni & Cheese WG Dinner Roll w/ Margarine Cup Steamed Green Beans Fresh Pear, Tangerine White or Chocolate Skim Milk	<b>30</b>  Salisbury Steak w/ Gravy WG Garlic Breadstick Garlic Mashed Red Potatoes Steamed Broccoli Red Apple, Fresh Orange White or Chocolate Skim Milk	<b>31</b>  Chicken & Cheese Quesadilla w/ Sriracha Ranch Sauce Corn & Black Bean Salad Pico de Gallo Granny Smith Apple Pineapple Tidbits White or Chocolate Skim Milk

## SCHOOL NEWS

### Breakfast Meal Price:

K-12	\$1.40
Reduced	\$ .30
Adult	\$2.25
Milk	\$ .50

### Lunch Meal Price:

K-12	\$2.25
Reduced	\$ .40
Premium(M/H)	\$3.50
Adult	\$3.75
Milk	\$ .50

### Additional Lunch Choices:

Chopped Romaine Salad  
w/ Chicken and Cheese

Chopped Romaine Salad  
w/ Cheese

Turkey Ham & Cheese  
Sandwich

PB&J and Cheese Stick

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**Charleston County School**  
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