

South Carolina School for the Deaf & the Blind

OCTOBER Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Cheese Omelet Bacon American Fries Cinnamon Roll Assorted Pop Tarts Fresh Grapes	2 TEACHER WORKDAY
5 Homestyle Scrambled Eggs Bacon American Fries Assorted Muffins Peaches	6 Sausage, Egg and Cheese Waffle Sandwich Cheesy Grits Assorted Muffins Pineapple	7 French Toast Sticks Bacon Tater Tots Fruit & Yogurt Parfaits Assorted Muffins Applesauce	8 Canadian Bacon, Egg & Cheese Biscuit Sandwich Hash Brown Patty Assorted Muffins Fresh Grapes	9 Homemade★ Breakfast Burritos Grits Assorted Muffins Pears
12 Homestyle Scrambled Eggs Bacon Grits Assorted Danish Peaches	13 Buttermilk Pancakes Sausage Patty Hash Brown Patty Assorted Danish Pineapple	14 Chicken Biscuit with Homemade Hot Honey★ Cheesy Grits Assorted Danish Cinnamon Apples	15 Housemade Cheesy Egg Bites★ American Fries Buttermilk Biscuits Assorted Danish Fresh Grapes	16 Biscuits & Gravy Sausage Patty Grits Assorted Danish Pears
19 Homestyle Scrambled Eggs Bacon Grits English Muffin or Bagel with Cream Cheese Peaches	20 Breakfast Casserole★ Tater Tots TJ's Strawberry★ Tacos English Muffin or Bagel with Cream Cheese Pineapple	21 Dutch Waffles Cheesy Grits Hard-Boiled Eggs English Muffin or Bagel with Cream Cheese Cinnamon Apples	22 Bacon, Egg and Cheese Biscuit Hash Brown Patty Yogurt Parfaits English Muffin or Bagel with Cream Cheese Fresh Grapes	23 Chicken and Waffles Grits English Muffin or Bagel with Cream Cheese Pears
26 Homestyle Scrambled Eggs Bacon Grits Assorted Pop Tarts Peaches	27 Buttermilk Pancakes Sausage Links Hash Brown Patty Assorted Pop Tarts Pineapple	28 Breakfast Pizza Grits Hard Boiled Eggs Assorted Pop Tarts Applesauce	29 Cheese Omelet Bacon American Fries Cinnamon Roll Assorted Pop Tarts Fresh Grapes	30 Chicken and Waffles Grits Assorted Pop Tarts Pears
Breakfast includes: Choice of Entrée, Assorted Cereal, or Yogurt with Graham Crackers. Entrees served with a variety of fresh fruit options, 100% fruit juices, and choice of milk			Whole Grain & Reduced Sugar Cereal Options Include: Cinnamon Toast Crunch, Frosted Flakes, Honey-Nut Cheerios, Trix, Fruit Loops & Cocoa Puffs.	

★ NEW RECIPE OR MENU ITEM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Fried Chicken Mashed Potatoes and Gravy Green Beans Yeast Roll Pimento Cheese on White Bread Pineapple	2 TEACHER WORKDAY
5 Chicken Drumstick Tater Tots Grilled Cheese & Tomato Soup Spinach Dinner Roll Turkey Bacon Sliders Mixed Fruit	6 TACO TUESDAY Tinga Chicken Tacos ★ Beef Tacos Cilantro Lime Rice ★ Refried Beans Salami and Provolone on Sourdough Bread Mandarin Oranges	7 Salisbury Steak Wings and Things ★ Macaroni and Cheese Green Beans Buffalo Chicken Wrap Peaches	8 Swedish Meatballs White Rice with Brown Gravy Mini Corn Dogs Peas and Carrots BLT on Sourdough Bread Pineapple	9 Pizza Day!! Specialty Pizzas ★ Cheesy Breadstick Carrots and Ranch Spicy Italian Wrap Tropical Fruit Mix
12 Ramen Bowls with ★ Chicken Potstickers Chili Dogs Crinkle Cut Carrots Austin's Turkey Ranch Wrap Mixed Fruit	13 Jamaican Jerk Chicken Leg Cheese Ravioli Hashbrown Casserole ★ Asparagus Grilled Chicken Wrap Mandarin Oranges	14 Meatball Subs ★ Loaded Baked Potato Soup Potato Wedges Spinach Au Gratin ★ Pimento Cheese Sand Pineapple	15 Orange Chicken ★ Baked Tilapia Fried Rice ★ Egg Rolls Broccoli Ham and Swiss on Rye Peaches	16 Crispy Fish & Chips Sloppy Joes Mixed Vegetables American Sub Tropical Fruit Mix
19 Bacon Cheeseburgers Greek Chicken Crinkle Cut Fries Green Beans Turkey Bacon Sliders Mixed Fruit	20 Chicken or Beef Tacos Mexican Street Corn ★ Served with Salsa, Sour Cream, Lettuce, & Cheese Salami and Provolone on Sourdough Bread Mandarin Oranges	21 Nashville Hot Chicken Sandwich ★ Bologna and Cheese Sandwich Potato Wedges Corn on the cob Buffalo Chicken Wrap Peaches	22 Chicken Dippers with assorted sauces Dominic's Lunchbox Pizza ★ Waffle Fries Squash Medley BLT on Sourdough Bread Pineapple	23 Chicken Parmesan Penne Pasta with Marinara Pepperoni Pizza Pockets ★ Mixed Vegetables Spicy Italian Wrap Tropical Fruit Mix
26 Stuffed Shells with Garlic Bread Fish Nuggets Crinkle Cut Carrots Turkey and Cheddar on Wheatberry Bread Mixed Fruit	27 General Tso's Chicken Lo Mein Noodles Egg Roll Asian Vegetable Blend Grilled Cheese Chicken Wrap Mandarin Oranges	28 Beef Pot Roast with Carrots Chicken Quesadillas Rice and Gravy Boiled Cabbage Ham and Swiss on Rye Bread Peaches	29 Fried Chicken Mashed Potatoes and Gravy Green Beans Yeast Roll Pimento Cheese on White Bread Pineapple	30 Pulled Pork Corn Dogs Potato Wedges Baked Beans American Sub Tropical Fruit Mix

Lunch Includes:

Choice of daily scratch made entrees, rotating favorites, or Peanut Butter and Jelly.
Variety of fresh fruits & vegetables,
100% fruit juice, and choice of milk

Crisp & Crunch:

Croutons, Sunflower Seeds,
Walnuts, Craisins, or Bacon Bits

Salad Dressings

Ranch, Thousand Island, Italian,
Blue Cheese, Caesar, Balsamic
Vinaigrette

Salad Bar Options:

Rotating Greens: Iceberg, Romaine, Spring Mix
Carrots
Celery
Bell Peppers
Roasted Red Peppers
Cherry Tomatoes
Garbanzo or Black Beans
Shredded Cheddar Cheese
Cole Slaw or Pasta Salad

★ NEW RECIPE OR MENU ITEM



South Carolina School for the Deaf & the Blind

OCTOBER Dinner Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Sunday
			1 Hot Dogs with Chili Tater Tots Baked Beans Tossed Salad Frosted Brownie	4 Chicken Enchilada Casserole Black Beans Mexican Rice Fresh Baked Cookie
5 Chicken Alfredo over Fettuccini Cauliflower Garlic Breadstick Tossed Salad Ice Cream	6 Cheeseburger Mac ★ Buttered Corn Tossed Salad Fruit Cobbler	7 Sweet and Sour Chicken White Rice Egg Roll Asian Vegetables Tossed Salad Cupcakes	8 Chicken Parmesan Penne Pasta Italian Green Beans Tossed Salad Frosted Brownie	11 Beef and Broccoli ★ White Rice Egg Rolls Peas and Carrots Fresh Baked Cookie
12 Fresh Baked Lasagna Garlic Bread Squash Medley Tossed Salad Ice Cream	13 Corn Dogs Baked Beans ★ Corn on the cob Tossed Salad Fruit Cobbler	14 Hot Ham and Cheese Potato Wedges Mixed Vegetables Tossed Salad Cupcakes	15 Chicken Drumstick Rice Pilaf Green Peas Tossed Salad Cupcakes	18 Chicken Pot Pie ★ Rice with Gravy Pears Fresh Baked Cookie
19 Spaghetti and Meat Sauce Garlic Breadstick Broccoli Tossed Salad Ice Cream	20 Beef Stew ★ Rice & Gravy Biscuit Peas and Carrots Tossed Salad Fruit Cobbler	21 BBQ Chicken Macaroni and Cheese ★ Mixed Vegetables Tossed Salad Cupcakes	22 Pizza Day!! Rotating Specialty Pizzas ★ Garlic Breadstick Tossed Salad Frosted Brownie	25 Beef Stroganoff ★ Egg Noodles Green Beans Fresh Baked Cookie
26 Hamburgers Tater Tots Baked Beans Tossed Salad Ice Cream	27 Mac & Cheese Bar Loaded BBQ Chicken Loaded Pulled Pork Garlic Bread Green Beans Tossed Salad Fruit Cobbler	28 Tortilla Chips Taco Beef, Queso, Lettuce, Tomato, Sour Cream and Salsa Spanish Rice Tossed Salad Frosted Brownie	29 Hot Dogs with Chili Tater Tots Baked Beans Tossed Salad Frosted Brownie	



NEW RECIPE OR MENU ITEM