



Sumter County Intermediate School

LUNCH MENU


	October 2nd	October 3rd	October 4th	October 5th	October 6th
Lunch 1	Corn Dog Baked Beans Crinkle Cut Fries Fruit	General Tso's Chicken Bowl w/ Brown Rice Egg Roll Broccoli & Carrots Cooked Fruit	Chicken Fingers Baked Potato Carrot & Celery Sticks w/ Ranch Dinner Roll Fruit	Hamburger Steak w/ Gravy Mashed Potatoes Corn Blackeyed Peas Dinner Roll Fruit	Pepperoni Pizza Side Salad Carrot Sticks w/ ranch Fruit
Lunch 2	Uncrustable Grape (2.6oz) Cheese Stick Celery & Carrots w/ranch Fruit	Uncrustable Grape (2.6oz) Buffalo Chicken Stick Graham Snacks Cucumber Slices & Broccoli w/ Ranch Fruit	Uncrustable Grape (2.6oz) Cheese Stick Broccoli & Carrot Sticks Doritos Fruit	Uncrustable Grape (2.6oz) Cheese Stick Sun Chips Celery Sticks Dried Chickpeas Fruit	Uncrustable Grape (2.6oz) Cheese Stick Tater Tots Carrot Sticks w/Ranch Simply Chex Cheddar Fruit
Pre-Made	Pre-Made Salad Bar	<p align="center">Salad Base: Lettuce- Shredded Carrots- Cucumber- tomato- 1oz Cheddar Cheese</p> <p align="center">Protein Options: Chicken Fajita Strips- Diced Ham (Monday- Friday) Egg Salad (Thursday & Friday Only)</p>			
Salad Bar	Salad Base w/ Black Beans (cold) & Meat Choice	Salad Base w/ corn (cold), Sunflower Seeds & Meat Choice	Salad Base w/ Broccoli & Cauliflower & Meat Choice	Salad Base w/Chicpeas Sunflower Seeds & Meat Choice	Salad Base w/ Green Peas (cold) & Meat Choice
Grain	Queso & Tortilla Chips	Bread Stick Graham Snack	Munchies Mix	Orange Blossom Muffin Top	Rockin'Ola Corn Crunch (Variety) Cheese Its
	October 9th	October 10th	October 11th	October 12th	October 13th
Lunch 1	Chicken Sandwich Potato Wedges Carrot Sticks & Cucumber Slices w/ Ranch Fruit	Tacos w/ lettuce & Tomato Refried Beans Corn Salsa Cup Fruit	Spaghetti w/ Meatsauce Side Salad Bread Stick Fruit	Cheeseburger w/ Lettuce & Tomato Sun Chips & Salsa Carrots & Celery w/ Ranch Fruit	
Lunch 2	Corn Dog Rockin'ola Buffalo Ranch Corn Crunch Celery & Carrots w/ranch Fruit	Corn Dog Graham Snacks Cucumber Slices & Broccoli w/ Ranch Fruit	Corn Dog Broccoli & Carrot Sticks Doritos Fruit	Corn Dog Celery & Carrot Sticks Doritos Fruit	
Pre-Made	Pre-Made Salad Bar	<p align="center">Salad Base: Lettuce- Shredded Carrots- Cucumber- tomato- 1oz</p> <p align="center">Protein Options: Chicken Fajita Strips- Egg- Diced Ham (Monday- Friday) Chicken Salad (Thursday & Friday Only)</p>			
Salad Bar	Salad Base w/ Green Peas (cold) & Meat Choice	Salad Base w/ corn (cold), Sunflower Seeds & Meat Choice	Salad Base w/ Black Beans (cold) & Meat Choice	Salad Base w/Chicpeas Sunflower Seeds & Meat Choice	
Grain	Rockin'Ola Corn Crunch (Variety) Cheese Its	Doritos	Bread Stick Graham Snack	Banana Muffin	

Sumter County Intermediate School

LUNCH MENU

	October 16th	October 17th	October 18th	October 19th	October 20th
Lunch 1	Chicken Fingers Potato Wedges Green Beans Mini Carrot Loaf Fruit	Sheppards Pie Blackeyed Peas Graham snacks Dinner Roll Fruit	Maxstix Cheese Stix(2) Marinara Cup Carrot & Broccoli w/ Ranch Fruit	Breaded Pork Parmesean Sandwich Baked Potato Steamed Broccoli	Chicken Wings Crinkle Cut Fries Celery & Carrot Sticks Munchies Mix Corn Kettle Crunch
Lunch 2	Uncrustable Grape (2.6oz) Cheese Stick Celery & Carrots w/ranch Fruit	Uncrustable Grape (2.6oz) Fruit & Yogurt Parfait w/ strawberries & Vanilla Bean Granola Clusters Cucumber Slices & Broccoli w/ Ranch Fruit	Uncrustable Grape (2.6oz) Cheese Stick Broccoli & Carrot Sticks Doritos Fruit	Uncrustable Grape (2.6oz) Rockin'ola Diablo Corn Crunch Celery Sticks Dried Chickpeas Fruit	Uncrustable Grape (2.6oz) Cheese Stick Tater Tots Carrot Sticks w/Ranch Simply Chex Cheddar Fruit
Pre-Made	Pre-Made Salad Bar	<p align="center">Salad Base: Lettuce- Shredded Carrots- Cucumber- tomato- 1oz Cheddar Cheese</p> <p align="center">Protein Options: Chicken Fajita Strips- Diced Ham (Monday- Friday) Chicken Salad</p>			
Salad Bar	Salad Base w/ Green Peas (cold) & Meat Choice	Salad Base w/ corn (cold), Sunflower Seeds & Meat Choice	Salad Base w/ Black Beans (cold) & Meat Choice	Salad Base w/Chicpeas Sunflower Seeds & Meat Choice	Salad Base w/ Broccoli & Cauliflower & Meat Choice
Grain	Rockin'Ola Corn Crunch (Variety) Cheese Its	Bread Stick Graham Snack	Doritos	Banana Muffin	Munchies Mix
	October 23rd	October 24th	October 25th	October 26th	October 27th
Lunch 1	Pizza Celery & Carrots w/ranch Fruit	BBQ Chicken Mashed Potatoes Green Beans Dinner Roll Fruit	Spaghetti w/ Meatsauce Cooked Broccoli Bread Stick Fruit	Chicken Fingers Potato Wedges Celery Sticks w/ Ranch Munchies Mix Fruit	Beef Nachos & Queso Black Beans Lettuce & Tomato Salsa Cup Fruit
Lunch 2	Uncrustable Grape (2.6oz) Rockin'ola Kettle Corn Crunch Cheese Stick Celery & Carrots w/ranch Fruit	Uncrustable Grape (2.6oz) Mac & Cheese Celery Sticks Dried Chickpeas Fruit	Uncrustable Grape (2.6oz) Cheese Stick Broccoli & Carrot Sticks Doritos Fruit	Uncrustable Grape (2.6oz) Graham Snacks Cucumber Slices & Broccoli w/ Ranch Fruit	Uncrustable Grape (2.6oz) Cheese Stick Tater Tots Carrot Sticks w/Ranch Graham Snack Fruit
Pre-Made	Pre-Made Salad Bar	<p align="center">Salad Base: Lettuce- Shredded Carrots- Cucumber- tomato- 1oz</p> <p align="center">Protein Options: Chicken Fajita Strips- Egg- Diced Ham (Monday- Friday) Chicken Salad (Thursday &</p>			
Salad Bar	Salad Base w/ Green Peas (cold) & Meat Choice	Salad Base w/ corn (cold), Sunflower Seeds & Meat Choice	Salad Base w/ Black Beans (cold) & Meat Choice	Salad Base w/Chicpeas Sunflower Seeds & Meat Choice	Salad Base w/ Broccoli & Cauliflower & Meat Choice
Grain	Rockin'Ola Corn Crunch (Variety) Cheese Its	Bread Stick Graham Snack	Doritos	Banana Muffin	Munchies Mix

**Sumter County Intermediate School
LUNCH MENU**

	October 30th	October 31st	
Lunch 1	Cheeseburger w/ lettuce & tomato Sweet Potato Fries Fruit	Two Taco Tuesday Tacos w/ lettuce & Tomato Refried Beans Teddy Grahams Fruit	<div data-bbox="706 210 1068 384" style="background-color: #c8e6c9; padding: 10px; text-align: center;"> Milk and Fruit choices available at every meal! </div> <div data-bbox="997 491 1292 779" style="text-align: center;">  </div>
Lunch 2	Un crustable Grape (2.6oz) Cheese Stick Celery & Carrots w/ranch Fruit	Un crustable Grape (2.6oz) Graham Snacks Cucumber Slices & Broccoli w/ Ranch Fruit	
Pre-Made	<div data-bbox="211 552 641 659" style="background-color: #ffcc80; padding: 5px;"> Salad Base: Lettuce- Shredded Carrots- Cucumber- tomato- 1oz Cheddar Cheese </div> <div data-bbox="211 680 641 743" style="background-color: #bbdefb; padding: 5px; margin-top: 5px;"> Protein Options: Chicken Fajita Strips- Egg- Diced Ham </div>		
Salad Bar	Salad Base w/ Green Peas (cold) & Meat Choice	Salad Base w/ corn (cold), Sunflower Seeds & Meat Choice	
Grain	Bread Stick Graham Snack	Cheese Its	

Sumter County Intermediate School

BREAKFAST MENU

	October 2nd	October 3rd	October 4th	October 5th	October 6th
Breakfast	Bowl of Cereal Yogurt Banana Apple Juice	Powdered Sugar Mini Donut 6pk Fruit Orange Juice	Bowl of Cereal PopTart Apple Juice Fruit	Blueberry Muffin Yogurt Smoothie Fruit	Vanilla Yogurt Fruit Parfait with Rockin'ola Granola Clusters Apple Juice
Option 2	Biscuit Sausage Patty Juice Fruit	French Toast Sticks Fruit Juice	Pancake Pup Orange Juice Fruit	Chicken Biscuit Juice Fruit	Egg & Cheese Breakfast Sandwich Grape Juice Fruit
	October 9th	October 10th	October 11th	October 12th	October 13th
Breakfast	Biscuit Sausage Patty Juice Fruit	Crumb Square Grape Juice Fruit	Mini Strawberry Pancakes Orange Juice Fruit	Chicken Biscuit Hashbrown Patty Juice Fruit	Breakfast Burrito Hashbrown Patty Fruit Juice
Option 2	Cereal (Assorted Variety) Banana Juice	Cereal Bar Yogurt Smoothie Fruit	Vanilla Yogurt Fruit Parfait with Rockin'ola Granola Clusters Apple Juice Fruit	Oatmeal Bar Teddy Grahams Fruit	Bowl of Cereal (Assorted Variety) Yogurt Apple Juice Fruit
	October 16th	October 17th	October 18th	October 19th	October 20th
Breakfast	Bowl of Cereal (Assorted Variety) Banana Apple Juice	Double Chocolate Muffin Fruit Orange Juice	Bowl of Cereal Yogurt Apple Juice Fruit	Super Stik- Twin Pack Yogurt Grape Juice Fruit	Bowl of Cereal Yogurt Apple Juice Fruit
Option 2	Biscuit Sausage Patty Juice Fruit	Pancake Minis Hashbrown Patty Fruit Orange Juice	Pancake Pup Orange Juice Fruit	Chicken Biscuit Juice Fruit	Mini Waffles Grape Juice Fruit
	October 23rd	October 24th	October 25th	October 26th	October 27th
Breakfast	Bowl of Cereal (Assorted Variety) Banana Apple Juice	Blueberry Loaf Yogurt Smoothie Fruit	Pop Tart Yogurt Apple Juice Fruit	Chocolate Chip Muffin Top Fruit Juice Fruit	Bowl of Cereal (Assorted Variety) Yogurt Apple Juice Fruit
Option 2	Biscuit Sausage Patty Juice Fruit	French Toast Sticks Fruit Juice	Pancake Pup Orange Juice Fruit	Chicken Biscuit Juice Fruit	Dave's Cinnamon Bun Grape Juice Fruit
	October 30th	October 31st	<div style="display: flex; align-items: center; justify-content: center;"> <div style="background-color: #c8e6c9; padding: 10px; margin-right: 20px;"> Milk and Fruit choices available at every meal! </div>  </div>		
Breakfast	Biscuit Sausage Patty Hashbrown Juice Fruit	Dave's Twin Bar Grape Juice Fruit			
Option 2	Bowl of Cereal (Assorted Variety) Pop Tart Banana Apple Juice	Vanilla Yogurt Fruit Parfait with Rockin'ola Granola Clusters Apple Juice			