
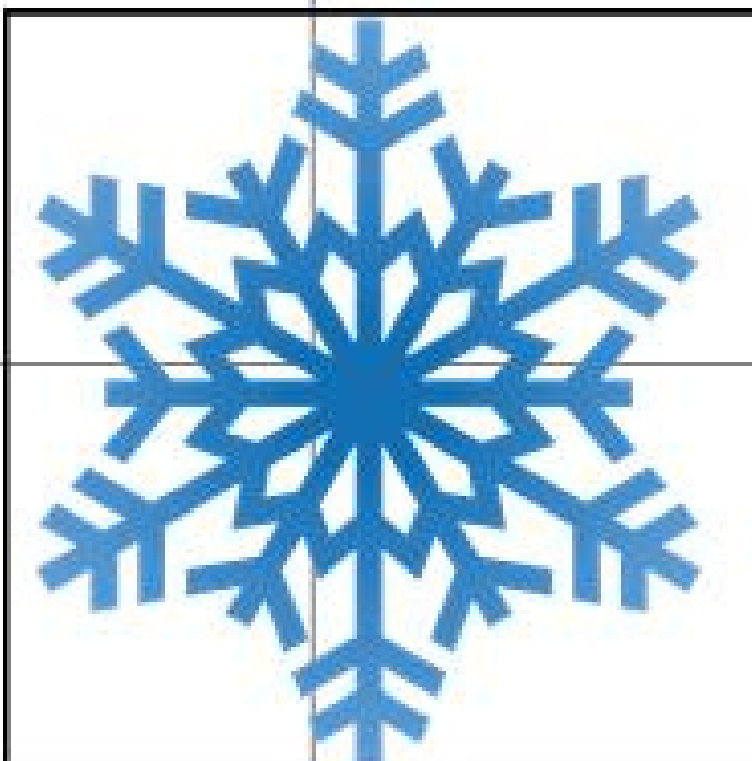


January 2022



Primary and Elementary School Breakfast Menus




Monday	Tuesday	Wednesday	Thursday	Friday				
10 Cereal Yogurt Cup Fruit Choice & Fruit Juice	11 Pancakes & Sausage Patty Fruit Choice & Fruit Juice	12 Grape Crescent Yogurt Cup Fruit Choice & Fruit Juice	13 Breakfast Pizza Fruit Choice & Fruit Juice	14 Mini Banana Loaf Yogurt Cup Fruit Choice & Fruit Juice				
17 	18 Breakfast Pizza Yogurt Fruit Choice & Fruit Juice	19 Pancake Pup Fruit Choice & Fruit Juice	20 Blueberry Mini Pancakes Fruit Choice & Fruit Juice	21 Chicken Biscuit Fruit Choice & Fruit Juice				
24 Cereal Yogurt Cup Fruit Choice & Fruit Juice	25 Sausage Biscuit Fruit Choice & Fruit Juice	26 Chocolate Crescent Yogurt Cup Fruit Choice & Fruit Juice	27 WG Super doughnut Yogurt Cup Fruit Choice & Fruit Juice	28 Apple Muffin Yogurt Cup Fruit Choice & Fruit Juice				
31 French Toast Sticks Fruit Choice & Fruit Juice	Choice of chilled milk & fruit served with all meals.							
<div><div>“Please note items may change due to availability”</div></div>								
<div><div>The following applies to all menu items: 1. 0 Trans fats 2. Low Sodium 3. Reduced Sugar 4. 51% Whole Grain Rich <small>Detailed nutrient information can be seen at SNP Central Office by contacting Margaret Goodin at 229-931-8546 or mgoodin@sumterschools.org.</small></div></div>								

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January 2022


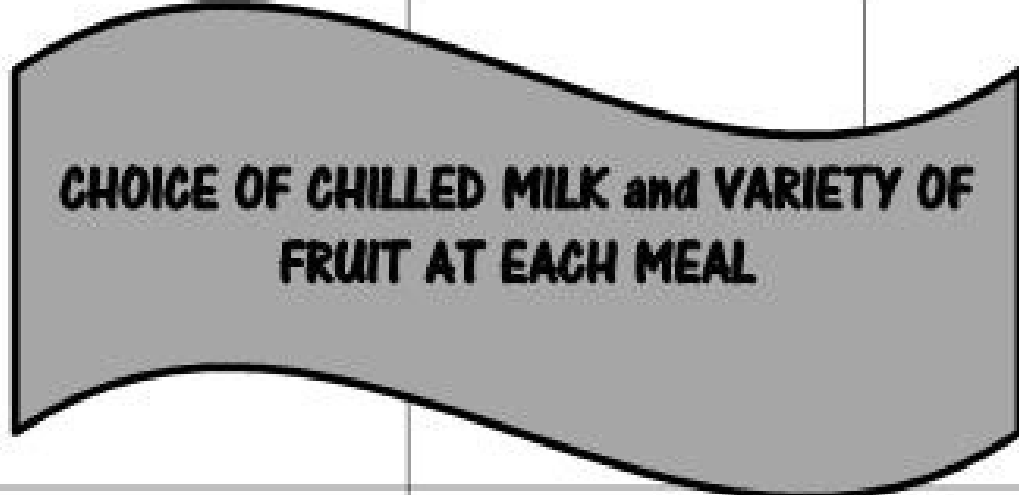
*Winter Break
December 21st,
Returning January 10th*

Primary and Elementary School Lunch Menus

Monday	Tuesday	Wednesday	Thursday	Friday
10 BBQ Sandwich Sweet Potato Fries Corn Fruit Choice	11 Wild Mike Cheese Pizza Carrot Sticks w/ ranch Fruit Choice	12 Mac & Cheese Baked Beans Collard Greens Cornbread Fruit Choice	13 Sloppy Joe Sandwich Potato Wedges Cucumber Slices Fruit Choice	14 Chicken Tenders Carrot & Celery Sticks Tater Tots Fruit Choice
17 	18 Meatball Sub w/ Mozzarella Cheese Carrot Sticks w/ LF Ranch Side Salad Fruit Choice	19 Chicken Pot Pie Green Beans Teddy Grahams Fruit Choice	20 Cheese Pizza Salad Corn Fruit Choice	21 Cheeseburger Pickles Baked Beans Tater Tots
24 Beefy Mac Cucumbers & Carrots w/ LF Ranch Fruit Choice	25 Chicken Tenders w/ Honey Mustard Baked potato Black-eyed Peas Teddy Grahams Fruit Choice	26 Cheese Pizza Salad Corn Fruit Choice	27 Chicken Sandwich Cheese Stick Carrots & Celery Sticks w/ LF Ranch Fruit Choice	28 Chiili w/ PB&J Sandwich Mozzarella Cheese Stick Potato Wedges Fruit Choice
31 Hamburger Steak & Gravy w/ Brown Rice & Carrots Dinner Roll Fruit Choice				
SCES ONLY - PB&J AVAILABLE AS 2ND OPTION FOR ENTRÉE DAILY!				


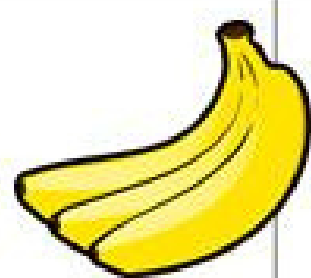
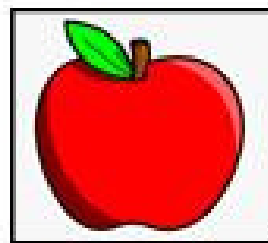


January 2022

Sumter County Intermediate and Middle School Breakfast Menus

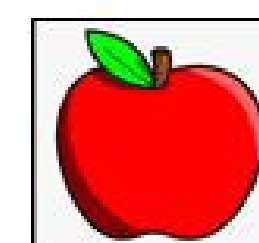
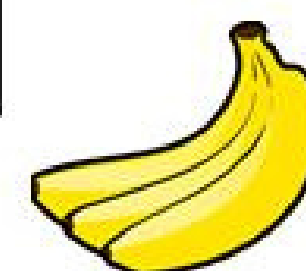
Monday	Tuesday	Wednesday	Thursday	Friday
10 WG Blueberry Muffin OR Cereal Yogurt Cup	11 Maple Burstn' Mini Pancakes OR Mini Banana Loaf	12 Breakfast Pizza OR Cereal	13 Cinnamon Roll OR Cereal Yogurt Cup	14 Sausage Biscuit OR Muffin
17 	18 Sausage Biscuit OR Pop Tart & Smoothie	19 Apple Frudel OR Cereal Yogurt Cup	20 Breakfast Pizza OR Cereal Yogurt Cup	21 Chicken Biscuit OR Muffin
24 Cinnamon Roll OR Cereal Yogurt Cup	25 Chicken Biscuit OR Cereal & Pop Tart	26 Pancake Pup OR Cereal Yogurt Cup	27 Mini Banana Loaf OR Cereal Bar Smoothie	28 Breakfast Pizza OR Cereal & Pop Tart
30 Maple Burstn' Mini Pancakes OR Cereal & Smoothie				<u>Special Notice to Adults:</u> <i>The following applies to all menu items:</i> <ol style="list-style-type: none"> 1. 0 Trans fats 2. Low Sodium 3. Reduced Sugar 4. 51% Whole Grain Rich <i>Detailed nutrient information can be seen at SNP Central Office by contacting Margaret Goodin at 229-931-8546 or mgoodin@sumterschools.org.</i>

January 2022

Sumter County Intermediate School Lunch Menus


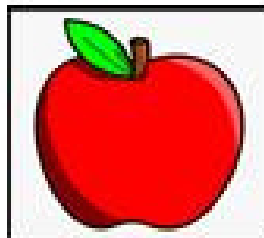

Monday	Tuesday	Wednesday	Thursday	Friday
10 Deep Dish Pizza <hr/> Turkey Sandwich w/ Lettuce & Tomato <hr/> Carrots & LF Ranch Dressing	11 Sloppy Joe Sandwich <hr/> Walking Taco <hr/> Potato Wedges Cucumber Slices w/ LF Ranch	12 Chicken Burrito <hr/> PB & J Uncrustable w/ Cheese Stick <hr/> Sun Chips Salsa Cup Corn	13 WG Mac & Cheese <hr/> BBQ Sandwich <hr/> Baked Beans Collard Greens Cornbread	14 Chicken Tenders <hr/> Grilled Cheese & Chili <hr/> Celery & Carrot Sticks w/ Ranch Corn
17 	18 Orange Chicken & Rice <hr/> Philly Cheesesteak w/ on- ions & bell peppers & Fries <hr/> Steamed Broccoli	19 Meatballs w/ Marinara Sauce & Mozzarella <hr/> Cheese Bites w/ Marinara Cup <hr/> WG Dinner Roll Side Salad w/ shredded carrots & dressing Fruit Selection	20 Turkey & Cheese Sandw/ lettuce & tomato <hr/> PB & J Uncrustable w/ Cheese Stick <hr/> Celery & Carrots w/ ranch dip Baked Chips or Sun Chips Fruit Selection	21 Cheeseburger w/ lettuce & tomato <hr/> BBQ Sandwich <hr/> Pickles Baked Beans Tater Tots
24 Chicken Tenders w/ Honey Mustard <hr/> Sloppy Joe Sandwich <hr/> French Fries, Black-Eyed Peas	25 Walking Taco <hr/> Deep Dish Cheese Pizza <hr/> Cucumbers, Carrots w/ LF ranch,	26 Cheese Bites w/ Dipping Sauce <hr/> Hot Dog <hr/> Steamed broccoli Mac & Cheese	27 Chicken Pot Pie <hr/> Sloppy Joe Sandwich <hr/> Green Beans, Teddy Gra- hams	28 Meatball Sub w/ Mozzarella Cheese <hr/> Chicken Sandwich w/ Let- tuce & Tomato <hr/> Carrot Sticks w/ LF ranch
25 Chili & Grilled Cheese <hr/> Chicken Sandwich w/ let- tuce, tomato, pickle <hr/> Sweet Potato Fries Salad w/ dressing	 			<p><u>Special Notice to Adults:</u> The following applies to all menu items:</p> <ol style="list-style-type: none"> 1. 0 Trans fats 2. Low Sodium 3. Reduced Sugar 4. 51% Whole Grain Rich <p><small>Detailed nutrient information can be seen at SNP Central Office by contacting Margaret Goodin at 229-931-8546 or mgoodin@sumterschools.org.</small></p>
				

DON'T FORGET TO GRAB YOUR FRUIT!



January 2022

Sumter County Middle School Lunch Menus

Monday	Tuesday	Wednesday	Thursday	Friday
<div>10</div> <div>Chicken Tenders w/ Honey Mustard</div> <div>Smart Mouth Pizza</div> <div>Chef Salad</div> <div>Sweet potato fries, side salad, black-eyed peas, teddy grahams</div>	<div>11</div> <div>Philly Cheesesteak Sandwich w/ peppers & onions</div> <div>Smart Mouth Pizza</div> <div>Chef Salad</div> <div>Celery & Carrots w/ ranch, French fries, side salad</div>	<div>12</div> <div>Oven Fried Chicken</div> <div>Smart Mouth Pizza</div> <div>Chef Salad</div> <div>Sweet Potato, Greens, Cornbread</div>	<div>13</div> <div>Spaghetti w/ Meatballs in Sauce</div> <div>Smart Mouth Pizza</div> <div>Chef Salad & Baked Potato Bar</div> <div>Broccoli, cucumber slic- es w/ ranch, side salad</div>	<div>14</div> <div>Turkey & Cheese Sandwich</div> <div>Smart Mouth Pizza</div> <div>Chef Salad</div> <div>Sliced Cucumbers & Carrots w/ LF ranch, Sun Chips, Dried Chick Peas</div>
<div>17</div> <div></div>	<div>18</div> <div>Bowl of Chili & Grilled Cheese</div> <div>Smart Mouth Pizza</div> <div>Chef Salad</div> <div>Carrots & Celery Sticks w/ ranch, Doritos</div>	<div>19</div> <div>Chicken Alfredo w/ Penne</div> <div>Smart Mouth Pizza</div> <div>Chef Salad</div> <div>Broccoli, Seasoned Car- rots, side salad</div>	<div>20</div> <div>Roasted Turkey w/ Gravy</div> <div>Smart Mouth Pizza</div> <div>Chef Salad</div> <div>Mashed Potatoes, Green Beans, Roll, Teddy, sal- ad</div>	<div>21</div> <div>Chicken Sandwich w/ Lettuce & Tomato</div> <div>Mouth Pizza</div> <div>Chef Salad</div> <div>Carrot & Celery Sticks w/ ranch, Dried Chick Peas</div>
<div>24</div> <div>Walking Taco/ Nachos</div> <div>Smart Mouth Pizza</div> <div>Chef Salad</div> <div>Side Salad, Carrots & Ranch, Salsa, Doritos</div>	<div>25</div> <div>Sloppy Joe</div> <div>Smart Mouth Pizza</div> <div>Chef Salad</div> <div>Cucumbers, Carrots w/ LF ranch, Tater Tots</div>	<div>26</div> <div>Chicken Burrito</div> <div>Smart Mouth Pizza</div> <div>Chef Salad</div> <div>Carrot Sticks, Broccoli w/ ranch, Salsa Cup, Corn</div>	<div>27</div> <div>BBQ Sandwich</div> <div>Smart Mouth Pizza</div> <div>Chef Salad</div> <div>Green Beans, Teddy Grahams, broccoli w/ ranch, celery sticks</div>	<div>28</div> <div>Chicken Tenders w/ Honey Mustard</div> <div>Smart Mouth Pizza</div> <div>Chef Salad</div> <div>Carrot Sticks w/ LF ranch, Marinara Cup, Side Salad</div>
<div>31</div> <div>Spicy Chicken Sandwich</div> <div>Smart Mouth Pizza</div> <div>Chef Salad</div> <div>French Fries carrots Sticks</div>	<div>CHOICE OF MILK & FRUIT MEAL</div>		<div></div>	<div><div>Special Notice to Adults: The following applies to all menu items: 1. 0 Trans fats 2. Low Sodium 3. Reduced Sugar 4. 51% Whole Grain Rich Detailed nutrient information can be seen at SNP Central Office by</div></div>
<div></div>				
<div>"This Institution is an Equal Opportunity Provider and Employer."</div>				

January 2022

Sumter County High School Breakfast

Offered Daily:
Choice of Muffin, Cereal and Yogurt with
Fruit Choices, Juice and Milk



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Pizza OR Sausage Biscuit & Yogurt	French Toast Sticks OR Mini Pancakes w/ Sau- sage & Yogurt	Biscuit w/ Sausage OR Pancake w/ Sausage & Yogurt	Breakfast Pizza OR Biscuit w/ Chicken Patty & Yogurt	Biscuit w/ Sausage OR Grape or Chocolate Crescent & Yogurt



Special Hot Breakfast Tuesday/Thursday

Scrambled Eggs
Cheese Grits
Sausage Pattie
Hash Browns
Whole Grain Biscuit
Selection of Fruit & Juice
Milk Choice

Special Notice to Adults:

The following applies to all menu items:

1. **0 Trans fats**
2. **Low Sodium**
3. **Reduced Sugar**
4. **51% Whole Grain Rich**

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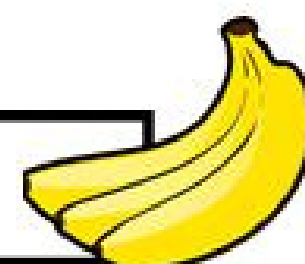
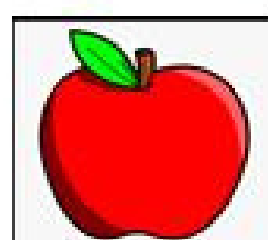
January 2022

SUMTER COUNTY HIGH SCHOOL School Lunch Menus

	Monday	Tuesday	Wednesday	Thursday	Friday
Pizza Station	Individual Pan Pizzas: Pepperoni, Sausage, or Cheese– Daily Side Salad				
Grill Station	MON: Philly Cheesesteak TUES/THURS: Chicken Tenders WED: Cheeseburger FRI: Chicken Sandwich				
Salad & Sandwich Station	Chef Salad– Grilled Chicken Salad– Southwest Taco Salad				
Home-style Station	BBQ Sandwich w/ Mac & Cheese	Chicken Burrito	Baked Fried Chicken & Dinner Roll	Chili & Grilled Cheese Sandwich	Chicken Pot Pie
Sides	<i>Side Salad *Baked Beans* Collard Greens* Cornbread* Fries *Celery</i>	<i>Side Salad* Carrots w/ Broccoli & ranch *Sweet Potato Fries *Salsa Cup *Corn</i>	<i>Baked Sweet Potato, Mac & Cheese, black eyed peas* Carrots *French fries</i>	<i>Side Salad* Carrots w/ ranch *French fries</i>	<i>Green Beans* Broccoli w/ ranch* Tater Tots* Celery Sticks Tater Tots</i>
JANUARY 10TH-14TH					
Pizza Station	Individual Pan Pizzas: Pepperoni, Sausage, or Cheese– Daily Side Salad				
Grill Station	WED/FRI: Chicken Tenders TUES/THURS: Philly Steak OR Chicken Sandwich				
Salad & Sandwich Station	Chef Salad– Grilled Chicken Salad– Southwest Taco Salad				
Home-style Station	NO SCHOOL	Hamburger Steak & WG Roll	Sloppy Joe	Breakfast for Lunch	Hot Dog w/ Chili & Cheese
Sides	MLK DAY	<i>Mashed Potatoes & Gravy* Green Beans* Tater Tots*</i>	<i>Green Peas* Seasoned Carrots* Side Salad* Roll* Sweet Potato Fries</i>	<i>Eggs, Grits, Pancakes, Biscuits Hash browns, Sausage Patties, fruit salad</i>	<i>Slaw* Broccoli & Cauliflower* Baked Beans* Tater Tots*</i>
JANUARY 17TH-21ST					



Choice of chilled milk & fruit served at each meal



Special Notice to Adults:
The following applies to all menu items:

1. 0 Trans fats
2. Low Sodium
3. Reduced Sugar
4. 51% Whole Grain Rich

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