

October



Greenwood School District 50 Merrywood Elementary Menu

Each menu is subject to change without notice based on vendor deliveries and/or product availability

“This institution is an equal opportunity provider.”

- ✓ USDA requires five components to be offered to all students at lunch:
 - 2oz Meat/Meat Alternate,
 - 1oz Grain, Fruit, Vegetable and choice of 8oz milk
- ✓ Students must choose at least three items, one of which must be a fruit or vegetable.
- ✓ Fresh fruit, 100% fruit juice, and a variety of milk are offered at every lunch.



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
| 3 | 4 | 5 | 6 | 7 |
| 10 | 11 | 12 | 13 | 14 |
| <p>Breakfast Chicken Biscuit</p> <p>Lunch Groovy Chicken Nuggets Or Lunchable Fun Day French Fries Okra Fruit</p> | <p>Breakfast Honey Bun & String Cheese</p> <p>Lunch Dancing Beef Tacos or Ham & Cheese Wrap Mexican Rice Cool for Beans Cool Rips Slushie</p> | <p>Breakfast Pancake Pup</p> <p>Lunch Flower Power Pizza or Salad Bar Corny Corn Fruit</p> | <p>Breakfast Grits w/ Bacon</p> <p>Lunch Peaceful Hot Dog w/ Chili or Salad Bar or Yogurt Lovely Baked Beans Disco Doritos Fruit</p> | <p>Breakfast Sausage Biscuit</p> <p>Lunch Grilled Cheese w/ Bacon or Salad Bar or Yogurt Chips Carrots Fruit</p> |
| 17 | 18 | 19 | 20 | 21 |
| <p>Breakfast Cinnamon Roll</p> <p>Lunch Cheese Bites or Salad Bar or Yogurt Alfredo Pasta Broccoli Fruit</p> | <p>Breakfast Yogurt w/ Graham Crackers</p> <p>Lunch Beef Taco or Salad Bar or Yogurt Refried Beans Chips, Salsa & Cheese Dip Fruit</p> | <p>Breakfast Chicken Biscuit</p> <p>Lunch Pizza or Salad Bar or Yogurt Corn Fruit Cookie</p> | <p>Breakfast Grits w/ Bacon</p> <p>Lunch Orange Chicken or Salad Bar or Yogurt Fried Rice Carrots Egg Roll Fruit</p> | <p>Breakfast French Toast Sticks</p> <p>Lunch Chicken Wings or Salad Bar or Yogurt Macaroni & Cheese Green Beans Dinner Roll Fruit</p> |
| 24 | 25 | 26 | 27 | 28 |
| <p>Breakfast Scrambled Eggs w/ Sausage Link</p> <p>Lunch Chicken Sandwich or Salad Bar or Yogurt Lettuce/Tomato Chips Fruit</p> | <p>Breakfast Breakfast Pizza</p> <p>Lunch Meatloaf or Salad Bar or Yogurt Mashed Potatoes w/ Gravy Black Eyed Peas Yeast Roll Fruit</p> | <p>Breakfast Pancakes</p> <p>Lunch Pizza or Salad Bar or Yogurt Corn Fruit</p> | <p>Breakfast Grits w/ Bacon</p> <p>Lunch Orange Chicken or Salad Bar or Yogurt LoMein Noodles Vegetable Blend Egg Roll Fruit</p> | <p>Breakfast Sausage Biscuit</p> <p>Lunch Chicken & Waffles or Salad Bar or Yogurt Green Beans Fruit</p> |
| 31 | 1 | 2 | 3 | 4 |
| <p>Breakfast Chicken Biscuit</p> <p>Lunch Chicken Noodle Soup w/ Grilled Cheese Salad Bar or Yogurt Chips Fresh Carrots w/ Dip Fruit</p> | <p>Breakfast Honey Bun & String Cheese</p> <p>Lunch Soft Chicken Tacos or Salad Bar or Yogurt Mexican Rice Black Beans Cool Rips Slushie</p> | <p>Breakfast Pancake Pup</p> <p>Lunch Pizza or Salad Bar or Yogurt Corn Fruit</p> | <p>Breakfast Grits w/ Bacon</p> <p>Lunch Chicken Nuggets or Salad Bar or Yogurt Mashed Potatoes w/ Gravy Turnip Greens Dinner Roll Fruit</p> | <p>Breakfast Sausage Biscuit</p> <p>Lunch Spaghetti w/ Meat Sauce or Salad Bar or Yogurt Cinnamon Roll Carrots Fruit</p> |

Celebrate
National School
LUNCH WEEK

OCT. 10-14
2022

Peace, Love & School LUNCH

#NSLW22 | #peaceloveschoollunch