

# October



## Greenwood School District 50 Middle & High School 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><b>Breakfast</b> Chicken Biscuit</p> <p><b>Lunch</b> BBQ Pork Okra Baked Beans Texas Toast Fruit</p>	<p><b>Breakfast</b> Honey Bun &amp; String Cheese</p> <p><b>Lunch</b> Soft Chicken Tacos Mexican Rice Black Beans Cool Rips Slushie</p>	<p><b>Breakfast</b> Pancake Pup</p> <p><b>Lunch</b> Country Style Steak Mashed Potatoes w/ Gravy Turnip Greens Dinner Roll Fruit</p>	<p><b>Breakfast</b> Grits w/ Bacon</p> <p><b>Lunch</b> Orange Chicken LoMein Noodles Carrots Egg Roll Fruit</p>	<p><b>Breakfast</b> Sausage Biscuit</p> <p><b>Lunch</b> Spaghetti w/ Meat Sauce Cinnamon Roll Zucchini Fruit</p>
17	18	19	20	21
<p><b>Breakfast</b> Cinnamon Roll</p> <p><b>Lunch</b> Chicken Wings Broccoli &amp; Cheese Ranch Roasted Potatoes Dinner Roll Fruit</p>	<p><b>Breakfast</b> Yogurt w/ Graham Crackers</p> <p><b>Lunch</b> Beef Taco Refried Beans Chips, Salsa &amp; Cheese Dip Fruit</p>	<p><b>Breakfast</b> Chicken Biscuit</p> <p><b>Lunch</b> Chicken &amp; Waffles Mashed Potatoes w/ Gravy Green Beans Fruit</p>	<p><b>Breakfast</b> Grits w/ Bacon</p> <p><b>Lunch</b> General Tso's Chicken Fried Rice Cabbage Egg Roll Fruit</p>	<p><b>Breakfast</b> French Toast Sticks</p> <p><b>Lunch</b> Oven Roasted Chicken Macaroni &amp; Cheese Green Beans Dinner Roll Fruit</p>
24	25	26	27	28
<p><b>Breakfast</b> Scrambled Eggs w/ Sausage Link</p> <p><b>Lunch</b> Meatloaf Garlic Mashed Potatoes Peas &amp; Carrots Dinner Roll Fruit</p>	<p><b>Breakfast</b> Breakfast Pizza</p> <p><b>Lunch</b> Brisket Tacos Pinto Beans Mexican Rice Fruit</p>	<p><b>Breakfast</b> Pancakes</p> <p><b>Lunch</b> Chicken Alfredo Broccoli Garlic Knots Fruit</p>	<p><b>Breakfast</b> Grits w/ Bacon</p> <p><b>Lunch</b> Orange Chicken Fried Rice Vegetable Blend Egg Roll Fruit</p>	<p><b>Breakfast</b> Sausage Biscuit</p> <p><b>Lunch</b> Chicken Tenders Macaroni &amp; Cheese Green Beans Dinner Roll Fruit</p>
31	1	2	3	4
<p><b>Breakfast</b> Chicken Biscuit</p> <p><b>Lunch</b> BBQ Pork Okra Baked Beans Texas Toast Fruit</p>	<p><b>Breakfast</b> Honey Bun &amp; String Cheese</p> <p><b>Lunch</b> Soft Chicken Tacos Mexican Rice Black Beans Cool Rips Slushie</p>	<p><b>Breakfast</b> Pancake Pup</p> <p><b>Lunch</b> Country Style Steak Mashed Potatoes w/ Gravy Turnip Greens Dinner Roll Fruit</p>	<p><b>Breakfast</b> Grits w/ Bacon</p> <p><b>Lunch</b> Orange Chicken LoMein Noodles Carrots Egg Roll Fruit</p>	<p><b>Breakfast</b> Sausage Biscuit</p> <p><b>Lunch</b> Spaghetti w/ Meat Sauce Cinnamon Roll Zucchini Fruit</p>

**Celebrate**  
National School  
**LUNCH WEEK**

OCT. 10-14  
2022

**Peace, Love & School LUNCH**

#NSLW22 | #peaceloveschoollunch