

## 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 <u>three</u> items, one of which must be a <u>fruit</u> or <u>vegetable</u>.
- ✓ Fresh fruit, 100% fruit juice, and a variety of milk are offered at every lunch.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Dr. Seuss Day		1
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4	5	6	7	8
Breakfast	Breakfast	Breakfast	Breakfast	<u>Breakfast</u>
French Toast	Chicken Biscuit	Pancake Pup	Grits w/ Bacon	Sausage Biscuit
<u>Lunch</u> Fried Chicken	<u>Lunch</u> Baked Spaghetti	<u>Lunch</u> Chicken & Rice	<u>Lunch</u> General TSO's Chicken	<u>Lunch</u> BBQ Pork
Macaroni & Cheese	Garlic Bread	SC Grown Butternut Squash	Fried Rice	Breaded Okra
Green Beans	Zucchini	Lima Beans	Carrots	Cole Slaw
Yeast Roll	Fruit	Garlic Toast	Egg Roll	Baked Beans
Fruit		Fruit	Fruit	Cool Rips Slushy
11	12	13	14	15
11 Breakfast	Breakfast	Breakfast	14 Breakfast	15
Muffin & Cheese Stick	Chicken Biscuit	Blueberry Pancakes	Grits w/ Sausage	
Warnin & cheese stick		blacberry Fundakes	Gills Wy Sudsuge	
Lunch	Lunch	Lunch	Lunch	
Cheesy Chicken & Noodles	Chicken Enchilada	Chicken & Waffles	Orange Chicken	
Roasted Carrots	Black Beans	Mashed Potatoes w/ Gravy	Fried Rice	
Turnip Greens	Feista Rice	Green Beans	Broccoli	
Yeast Roll	Fruit	Fruit	Egg Roll Fruit	
Fruit			T tut	
10		20	24	22
18	Breakfast	20 Breakfast	21 Dreakfast	22 Breakfast
			Breakfast	Breakfast
	Breakfast Burrito	Grilled Cheese w/ Bacon	Grits w/ Sausage	Yogurt w/ String Cheese
	Lunch	Lunch	Lunch	Lunch
	Crunchy Beef Tacos	Biscuits & Gravy	General TSO's Chicken	BBQ Beef Sandwich
	Mexican Rice	Scrambled Eggs	Fried Rice	Chips
	Pinto Beans	Hash Browns	Carrots	Cucumbers w/ Dip
	Fruit	Fruit	Egg Roll	Fruit
			Fruit	
25	26	27	28	29
Breakfast	Breakfast	Breakfast	<u>Breakfast</u>	Breakfast
French Toast	Chicken Biscuit	Pancake Pup	Grits w/ Bacon	Sausage Biscuit
Lunch	Lunch	Lunch	Lunch	Lunch
Fried Chicken	Baked Spaghetti	Meatloaf	Orange Chicken	BBQ Pork
Macaroni & Cheese Green Beans	Garlic Bread Zucchini	Mashed Potatoes w/ Gravy SC Grown Cabbage	Fried Rice Broccoli	Breaded Okra
Yeast Roll	Fruit	Yeast Roll	Egg Roll	Cole Slaw
Fruit	, ruit	Fruit	Fruit	Baked Beans
. Tuit		. Turc		Cool Rips Slushy