



## Greenwood School District 50 Elementary 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
All student meals are free				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29
<b>Breakfast</b> Cinnamon Roll  <b>Lunch</b> Cheese Bites or Ham & Cheese w/ Crackers Parmesan Noodles Broccoli Fruit	<b>Breakfast</b> Yogurt w/ Graham Crackers  <b>Lunch</b> Beef Taco or Cheese Quesadilla Refried Beans Chips, Salsa & Cheese Dip Fruit	<b>Breakfast</b> Chicken Biscuit  <b>Lunch</b> Pizza or Yogurt Plate Baby Carrots w/ Ranch Fruit	<b>Breakfast</b> Sausage Biscuit  <b>Lunch</b> Chicken Nuggets or Ham & Cheese on Hawaiian Mashed Potatoes w/ Gravy Green Beans Yeast Roll Fruit	<b>Breakfast</b> Grilled Cheese w/ Bacon  <b>Lunch</b> Pizza or Entree Salad Corn Fruit

### BREAKFAST CHANGES LIVES

HOW?

KIDS WHO EAT SCHOOL BREAKFAST...

**MISS LESS SCHOOL**  
They attend an average of 1.5 more days per year

**DO BETTER IN MATH:**  
They average 17.5% higher math test scores

MORE ATTENDANCE + HIGHER MATH SCORES =

20% more likely to graduate high school

AND KIDS WHO EAT BREAKFAST REAP THE BENEFITS AS ADULTS, TOO:

High school graduates on average earn \$10,000 more annually

Less likely to experience HUNGER as adults

BUT HERE'S THE PROBLEM

NOT ENOUGH KIDS ARE EATING SCHOOL BREAKFAST.

21 MILLION

U.S. kids get free or reduced-price school lunch

Only 1/2 of those kids get breakfast, even though they're eligible

Too many kids are showing up to school hungry. And hungry kids can't learn.

BREAKFAST CAN CHANGE THEIR LIVES

No Kid Hungry starts with breakfast