



## 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
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
			<b>Breakfast</b> Sausage Biscuit  <b>Lunch</b> Orange Chicken Fried Rice Broccoli Egg Roll Fruit	<b>Breakfast</b> Grilled Cheese w/ Bacon  <b>Lunch</b> BBQ Pork Sandwich Onion Rings Baked Beans Cole Slaw Fruit
25	26	27	28	29
<b>Breakfast</b> Cinnamon Roll  <b>Lunch</b> Chicken Wings Broccoli & Cheese Ranch Roasted Potatoes Dinner Roll Fruit	<b>Breakfast</b> Yogurt w/ Graham Crackers  <b>Lunch</b> Beef Taco Refried Beans Chips, Salsa & Cheese Dip Fruit	<b>Breakfast</b> Chicken Biscuit  <b>Lunch</b> Chicken & Waffles Mashed Potatoes w/ Gravy Green Beans Fruit	<b>Breakfast</b> Grits w/ Bacon  <b>Lunch</b> General Tso's Chicken Fried Rice Cabbage Egg Roll Fruit	<b>Breakfast</b> French Toast Sticks  <b>Lunch</b> Grilled Chicken Macaroni & Cheese Green Beans Dinner Roll 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 score  
**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**