



# 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
<p><b>1</b></p> <p><b>Breakfast</b> Scrambled Eggs w/ Sausage Link</p> <p><b>Lunch</b> Chicken Sandwich or Turkey, Cheese &amp; Crackers Lettuce/Tomato Chips Fruit</p>	<p><b>2</b></p> <p><b>Breakfast</b> Breakfast Pizza</p> <p><b>Lunch</b> Country Style Steak or Ham &amp; Cheese on Brioche Mashed Potatoes w/ Gravy Black Eyed Peas Yeast Roll Fruit</p>	<p><b>3</b></p> <p><b>Breakfast</b> Pancakes</p> <p><b>Lunch</b> Pizza or Yogurt Parfait Corn Fruit</p>	<p><b>4</b></p> <p><b>Breakfast</b> Grits w/ Bacon</p> <p><b>Lunch</b> Orange Chicken or Entrée Salad LoMein Noodles Vegetable Blend Egg Roll Fruit</p>	<p><b>5</b></p> <p><b>Breakfast</b> Sausage Biscuit</p> <p><b>Lunch</b> Chicken &amp; Waffles or Yogurt Parfait Sweet Potato Fries Fruit</p>
<p><b>8</b></p> <p><b>Breakfast</b> Chicken Biscuit</p> <p><b>Lunch</b> BBQ Pork Sandwich or Turkey, Cheese &amp; Crackers French Fries Okra Fruit</p>	<p><b>9</b></p> <p><b>Breakfast</b> Honey Bun &amp; String Cheese</p> <p><b>Lunch</b> Soft Chicken Tacos or Ham &amp; Cheese on Brioche Mexican Rice Black Beans Cool Rips Slushie</p>	<p><b>10</b></p> <p><b>Breakfast</b> Pancake Pup</p> <p><b>Lunch</b> Pizza or Yogurt Parfait Corn Fruit</p>	<p><b>11</b></p> <p><b>Breakfast</b> Grits w/ Bacon</p> <p><b>Lunch</b> Chicken Nuggets or Entrée Salad Mashed Potatoes w/ Gravy Turnip Greens Dinner Roll Fruit</p>	<p><b>12</b></p> <p><b>Inservice Day</b></p>
<p><b>15</b></p> <p><b>Breakfast</b> Cinnamon Roll</p> <p><b>Lunch</b> Cheese Bites or Ham &amp; Cheese w/ Crackers Alfredo Pasta Broccoli Fruit</p>	<p><b>16</b></p> <p><b>Breakfast</b> Yogurt w/ Graham Crackers</p> <p><b>Lunch</b> Beef Taco or Cheese Quesadilla Refried Beans Chips, Salsa &amp; Cheese Dip Fruit</p>	<p><b>17</b></p> <p><b>Breakfast</b> Chicken Biscuit</p> <p><b>Lunch</b> Pizza or Yogurt Plate Corn Fruit</p>	<p><b>18</b></p> <p><b>Breakfast</b> Grits w/ Bacon</p> <p><b>Lunch</b> Orange Chicken or Entrée Salad Fried Rice Carrots Egg Roll Fruit</p>	<p><b>19</b></p> <p><b>Breakfast</b> French Toast Sticks</p> <p><b>Lunch</b> Chicken Wings or Yogurt Plate Macaroni &amp; Cheese Green Beans Dinner Roll Fruit</p>
<p><b>22</b></p> <p><b>Breakfast</b> Scrambled Eggs w/ Sausage Link</p> <p><b>Lunch</b> Chicken Sandwich or Turkey, Cheese &amp; Crackers Lettuce/Tomato Chips Fruit</p>	<p><b>23</b></p> <p><b>Breakfast</b> Breakfast Pizza</p> <p><b>Lunch</b> Country Style Steak or Ham &amp; Cheese on Brioche Mashed Potatoes w/ Gravy Black Eyed Peas Yeast Roll Fruit</p>	<p><b>24</b></p> <p><b>Breakfast</b> Pancakes</p> <p><b>Lunch</b> Pizza or Yogurt Parfait Corn Fruit</p>	<p><b>25</b></p> <p><b>Breakfast</b> Grits w/ Bacon</p> <p><b>Lunch</b> Orange Chicken or Entrée Salad LoMein Noodles Vegetable Blend Egg Roll Fruit</p>	<p><b>26</b></p> <p><b>Breakfast</b> Sausage Biscuit</p> <p><b>Lunch</b> Chicken &amp; Waffles or Yogurt Parfait Sweet Potato Fries Fruit</p>
<p><b>29</b></p> <p><b>Breakfast</b> Chicken Biscuit</p> <p><b>Lunch</b> BBQ Pork Sandwich or Turkey, Cheese &amp; Crackers French Fries Okra Fruit</p>	<p><b>30</b></p> <p><b>Breakfast</b> Honey Bun &amp; String Cheese</p> <p><b>Lunch</b> Soft Chicken Tacos or Ham &amp; Cheese on Brioche Mexican Rice Black Beans Cool Rips Slushie</p>	<p><b>31</b></p> <p><b>Breakfast</b> Pancake Pup</p> <p><b>Lunch</b> Pizza or Yogurt Parfait Corn Fruit</p>	<p><b>1</b></p> <p><b>Breakfast</b> Grits w/ Bacon</p> <p><b>Lunch</b> Chicken Nuggets or Entrée Salad Mashed Potatoes w/ Gravy Turnip Greens Dinner Roll Fruit</p>	<p><b>2</b></p> <p><b>Breakfast</b> Sausage Biscuit</p> <p><b>Lunch</b> Spaghetti w/ Meat Sauce or Yogurt Parfait Cinnamon Roll Carrots Fruit</p>

**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**

Learn how you can help at [NoKidHungry.org/Breakfast](http://NoKidHungry.org/Breakfast)

**NOKID HUNGRY** **Deloitte.** Supported by **Kellogg's**