



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 <u>Breakfast</u> Scrambled Eggs w/ Sausage Link <u>Lunch</u> Meatloaf Garlic Mashed Potatoes Peas & Carrots Dinner Roll Fruit	2 <u>Breakfast</u> Breakfast Pizza <u>Lunch</u> Brisket Tacos Pinto Beans Mexican Rice Fruit	3 <u>Breakfast</u> Pancakes <u>Lunch</u> Cheese Bites w/ Marinara Alfredo Pasta Broccoli Fruit	4 <u>Breakfast</u> Grits w/ Bacon <u>Lunch</u> Orange Chicken Fried Rice Vegetable Blend Egg Roll Fruit	5 <u>Breakfast</u> Sausage Biscuit <u>Lunch</u> Chicken Tenders Macaroni & Cheese Green Beans Dinner Roll Fruit
8 <u>Breakfast</u> Chicken Biscuit <u>Lunch</u> BBQ Pork Okra Baked Beans Texas Toast Fruit	9 <u>Breakfast</u> Honey Bun & String Cheese <u>Lunch</u> Soft Chicken Tacos Mexican Rice Black Beans Cool Rips Slushie	10 <u>Breakfast</u> Pancake Pup <u>Lunch</u> Country Style Steak Mashed Potatoes w/ Gravy Turnip Greens Dinner Roll Fruit	11 <u>Breakfast</u> Grits w/ Bacon <u>Lunch</u> Orange Chicken LoMein Noodles Carrots Egg Roll Fruit	Inservice Day
15 <u>Breakfast</u> Cinnamon Roll <u>Lunch</u> Chicken Wings Broccoli & Cheese Ranch Roasted Potatoes Dinner Roll Fruit	16 <u>Breakfast</u> Yogurt w/ Graham Crackers <u>Lunch</u> Beef Taco Refried Beans Chips, Salsa & Cheese Dip Fruit	17 <u>Breakfast</u> Chicken Biscuit <u>Lunch</u> Chicken & Waffles Mashed Potatoes w/ Gravy Green Beans Fruit	18 <u>Breakfast</u> Grits w/ Bacon <u>Lunch</u> General Tso's Chicken Fried Rice Cabbage Egg Roll Fruit	
22 <u>Breakfast</u> Scrambled Eggs w/ Sausage Link <u>Lunch</u> Meatloaf Garlic Mashed Potatoes Peas & Carrots Dinner Roll Fruit	23 <u>Breakfast</u> Breakfast Pizza <u>Lunch</u> Brisket Tacos Pinto Beans Mexican Rice Fruit	24 <u>Breakfast</u> Pancakes <u>Lunch</u> Cheese Bites w/ Marinara Alfredo Pasta Broccoli Fruit	25 <u>Breakfast</u> Grits w/ Bacon <u>Lunch</u> Orange Chicken Fried Rice Vegetable Blend Egg Roll Fruit	26 <u>Breakfast</u> Sausage Biscuit <u>Lunch</u> Chicken Tenders Macaroni & Cheese Green Beans Dinner Roll Fruit
29 <u>Breakfast</u> Chicken Biscuit <u>Lunch</u> BBQ Pork Okra Baked Beans Texas Toast Fruit	30 <u>Breakfast</u> Honey Bun & String Cheese <u>Lunch</u> Soft Chicken Tacos Mexican Rice Black Beans Cool Rips Slushie	31 <u>Breakfast</u> Pancake Pup <u>Lunch</u> Country Style Steak Mashed Potatoes w/ Gravy Turnip Greens Dinner Roll Fruit	1 <u>Breakfast</u> Grits w/ Bacon <u>Lunch</u> Orange Chicken LoMein Noodles Carrots Egg Roll Fruit	2 <u>Breakfast</u> Sausage Biscuit <u>Lunch</u> Spaghetti w/ Meat Sauce Cinnamon Roll Zucchini Fruit

BREAKFAST CHANGES LIVES

..... HOW?

KIDS WHO EAT SCHOOL BREAKFAST...

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

MORE ATTENDANCE

20% more likely to graduate high school

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

HIGHER MATH SCORES =

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