

April 11 – June 2, 2023

Greenwood School District 50 ECMS 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 |
|---|--|---|---|---|
| 10 No School | 11 Breakfast Honey Bun Lunch Soft Chicken Tacos or Salad Bar or Yogurt Mexican Rice Black Beans Fruit | 12 Breakfast Waffle Lunch Spaghetti w/ Meat Sauce or Salad Bar or Yogurt Fresh Steamed Squash Cinnamon Roll Fruit | 13 Breakfast Grits w/ Bacon Lunch Chicken Nuggets or Salad Bar or Yogurt Mashed Potatoes w/ Gravy Collard Greens Yeast Roll Fruit | 14 Breakfast Sausage Biscuit Lunch Pizza or Salad Bar or Yogurt Corn Fruit |
| 17 Breakfast Chicken Biscuit Lunch Cheeseburger Salad Bar or Yogurt French Fries Baked Beans Fruit | 18 Breakfast Cinnamon Roll Lunch Hot Dog or Salad Bar or Yogurt Chips Baked Beans Fruit | 19 Breakfast Chicken Biscuit Lunch BBQ Chicken or Salad Bar or Yogurt Sweet Potato Fries Steamed Cabbage Garlic Toast Fruit | 20 Breakfast Grits w/ Bacon Lunch Orange Chicken or Salad Bar or Yogurt Fried Rice Carrots 2 Dumplings Fruit | 21 Breakfast French Toast Sticks Lunch Pizza or Salad Bar or Yogurt Corn Fruit |
| 24 Breakfast Breakfast Scramble Lunch Chicken Sandwich or Salad Bar or Yogurt Lettuce/Tomato Chips Fruit | 25 Breakfast Chicken Biscuit Lunch Beef Nachos or Salad Bar or Yogurt Refried Beans Fiesta Rice Fruit | 26 Breakfast Blueberry Biscuit Lunch Cheeseburger or Salad Bar or Yogurt Lettuce/Tomato Fries Fruit | 27 Breakfast Grits w/ Bacon Lunch Orange Chicken or Salad Bar or Yogurt LoMein Noodles Carrots 2 Dumplings Fruit | 28 Breakfast Pancakes w/ Sausage Lunch Pizza or Salad Bar or Yogurt Corn Fruit |
| 1 Breakfast Yogurt w/ Graham Crackers Lunch Grilled Chicken or Salad Bar or Yogurt Alfredo Pasta Broccoli Garlic Knot Fruit | 2 Breakfast Honey Bun & String Cheese Lunch Spaghetti w/ Meat Sauce or Salad Bar or Yogurt Fresh Steamed Squash Cinnamon Roll Fruit | 3 Breakfast Waffle Lunch Pizza or Salad Bar or Yogurt Corn Fruit | 4 Breakfast Grits w/ Bacon Lunch Meatloaf Salad Bar or Yogurt Mashed Potatoes w/ Gravy Green Beans Roll Fruit | 5 Breakfast Sausage Biscuit Lunch Soft Chicken Tacos or Salad Bar or Yogurt Mexican Rice Black Beans Cinco de Mayo Cookies |
| 8 Breakfast Chicken Biscuit Lunch Cheeseburger Salad Bar or Yogurt French Fries Baked Beans Fruit | 9 Breakfast Cinnamon Roll Lunch Beef Nachos or Salad Bar or Yogurt Pinto Beans Chips, Salsa & Cheese Dip Fruit | 10 Breakfast Chicken Biscuit Lunch Chicken Nuggets or Salad Bar or Yogurt Sweet Potato Fries Steamed Cabbage Garlic Toast Fruit | 11 Breakfast Grits w/ Bacon Lunch Orange Chicken or Salad Bar or Yogurt Fried Rice Carrots 2 Dumplings Fruit | 12 Breakfast French Toast Sticks Lunch Pizza or Salad Bar or Yogurt Corn Fruit |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| 15 | 16 | 17 | 18 | 19 |
| <p><u>Breakfast</u> Breakfast Scramble</p> <p><u>Lunch</u> Chicken Sandwich or Salad Bar or Yogurt Lettuce/Tomato Chips Fruit</p> | <p><u>Breakfast</u> Chicken Biscuit</p> <p><u>Lunch</u> Beef Nachos or Salad Bar or Yogurt Refried Beans Fiesta Rice Fruit</p> | <p><u>Breakfast</u> Breakfast Pizza</p> <p><u>Lunch</u> Cheeseburger or Salad Bar or Yogurt Lettuce/Tomato Fries Fruit</p> | <p><u>Breakfast</u> Grits w/ Bacon</p> <p><u>Lunch</u> Orange Chicken or Salad Bar or Yogurt LoMein Noodles Carrots 2 Dumplings Fruit</p> | <p><u>Breakfast</u> Pancakes w/ Sausage</p> <p><u>Lunch</u> Pizza or Salad Bar or Yogurt Corn Fruit</p> |
| 22 | 23 | 24 | 25 | 26 |
| <p><u>Breakfast</u> Yogurt w/ Graham Crackers</p> <p><u>Lunch</u> Grilled Chicken or Salad Bar or Yogurt Alfredo Pasta Broccoli Garlic Knot Fruit</p> | <p><u>Breakfast</u> Honey Bun & String Cheese</p> <p><u>Lunch</u> Soft Chicken Tacos or Salad Bar or Yogurt Mexican Rice Black Beans</p> | <p><u>Breakfast</u> Waffle</p> <p><u>Lunch</u> Spaghetti w/ Meat Sauce or Salad Bar or Yogurt Fresh Steamed Squash Cinnamon Roll Fruit</p> | <p><u>Breakfast</u> Grits w/ Bacon</p> <p><u>Lunch</u> Meatloaf Salad Bar or Yogurt Mashed Potatoes w/ Gravy Green Beans Roll Fruit</p> | <p><u>Breakfast</u> Sausage Biscuit</p> <p><u>Lunch</u> Pizza or Salad Bar or Yogurt Corn Fruit</p> |
| 29 | 30 | 31 | 1 | 2 |
| No School | <p><u>Breakfast</u> Chef's Choice</p> <p><u>Lunch</u> Chef's Choice</p> | <p><u>Breakfast</u> Chef's Choice</p> <p><u>Lunch</u> Chef's Choice</p> | <p><u>Breakfast</u> Chefs Choice</p> <p><u>Lunch</u> Chefs Choice</p> | <p><u>Breakfast</u> Chefs Choice</p> <p><u>Lunch</u> Chef's Choice</p> |
| | | | | |
| | | | | |