

April 11 – June 2, 2023

Greenwood School District 50 Dr. Benjamin E Mays 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
10 No School	11 Breakfast Honey Bun & String Cheese Lunch Beef Taco or Yogurt Parfait Mexican Rice Black Beans Cool Rips Slushie	12 Breakfast Waffle Lunch Pizza or Yogurt Parfait Corn Fruit	13 Breakfast Grits w/ Bacon Lunch Chicken Nuggets or Salad Bar or Yogurt Mashed Potatoes w/ Gravy Green Beans Yeast Roll Fruit	14 Breakfast Sausage Biscuit Lunch Spaghetti w/ Meat Sauce or Salad Bar or Yogurt Fresh Steamed Squash Cinnamon Roll Fruit
17 Breakfast Cinnamon Roll Lunch Pizza Salad Bar or Yogurt Parfait Corn Veggies w/ Ranch Fruit	18 Testing Day Breakfast Chicken Biscuit Lunch BBQ Sandwich Fritos Cole Slaw Fruit	19 Testing Day Breakfast Sausage Biscuit Lunch Corn Dog French Fries Baked Beans Fruit	20 Testing Day Breakfast Grits w/ Bacon Lunch Turkey & Cheese Lunchable Chips Veggie w/ Ranch Fruit	21 Breakfast French Toast Sticks Lunch Lemon Pepper Chicken or Yogurt Parfait Candied Yams Black Eye Peas Dinner Roll Fruit
24 Breakfast Breakfast Scramble w/ Muffin Lunch Orange Chicken or Yogurt Parfait Fried Rice Carrots 2 Dumplings Fruit	25 Breakfast Chicken Biscuit Lunch Hot Dog w/ Chili or Yogurt Parfait Tater Tots Cole Slaw Baked Beans Fruit	26 Breakfast Egg Cheese & Toast Lunch Pizza or Yogurt Parfait Corn Side Salad Fruit	27 1 st Grade Field Trip Breakfast Grits w/ Bacon Lunch Grilled Chicken Sandwich or Yogurt Parfait Chips Veggies w/ Ranch Fruit	28 Breakfast Pancakes w/ Sausage Lunch Cheeseburger or Yogurt Parfait Lettuce / Tomato Fries Fruit
1 Breakfast Yogurt w/ Graham Crackers Lunch Beef Stroganoff or Yogurt Parfait Broccoli Side Salad Garlic Knot Fruit	2 Breakfast Honey Bun & String Cheese Lunch Spaghetti w/ Meat Sauce or Yogurt Parfait Green Beans Side Salad Cinnamon Roll Fruit	3 Breakfast Waffle Lunch Pizza or Yogurt Parfait Side Salad Corn Fruit	4 Breakfast Grits w/ Bacon Lunch Teriyaki Beef or Yogurt Parfait Yellow Rice Carrots Cookie Fruit	5 Breakfast Sausage Biscuit Lunch Beef Nacho or Yogurt Parfait Mexican Rice Black Beans Lettuce, Tomato & Cheese Cinco de Mayo Cookies
8 Breakfast Chicken Biscuit Lunch Ham Cheese Sandwich or Yogurt Parfait Chips Baby Carrots w/ Ranch Fruit	9 Breakfast Cinnamon Roll Lunch Sloppy Joe or Yogurt Parfait Onion Rings Pasta Salad Fruit	10 Breakfast Chicken Biscuit Lunch Pizza or Yogurt Parfait Corn Side Salad Fruit	11 Testing Day Breakfast Grits w/ Bacon Lunch Deli Sandwich Cheese Crackers Veggie w/ Dip Fruit	12 Breakfast French Toast Sticks Lunch Hot Dog w/ Chili or Yogurt Parfait Tater Tots Cole Slaw Baked Beans Fruit

