



## Greenwood School District 50

### 2019 K-5 Breakfast 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 four items to be offered to all students at breakfast:
  - Two servings of Grains, Fruit or Vegetable, and Milk. A meat may be substituted for a grain after the daily minimum grain serving is met.
- ✓ 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 breakfast.

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|---|--|---|---|
| <b>2</b>   | <b>3</b>  | <b>4</b>   | <b>5</b>  | <b>6</b>  |
| Doughnut Holes<br>Or<br>Assorted Cereal, Pop Tart,<br>Fresh Fruit, or<br>100% Fruit Juice  | Grits w/ Sausage<br>Or<br>Assorted Cereal, Pop Tart,<br>Fresh Fruit, or<br>100% Fruit Juice | Strawberry Pancakes<br>Or<br>Assorted Cereal, Pop Tart,<br>Fresh Fruit, or<br>100% Fruit Juice | Grits w/ Bacon<br>Or<br>Assorted Cereal, Pop Tart,<br>Fresh Fruit, or<br>100% Fruit Juice | French Toast Sticks<br>Or<br>Assorted Cereal, Pop Tart,<br>Fresh Fruit, or<br>100% Fruit Juice  |
| <b>9</b>   | <b>10</b>   | <b>11</b>  | <b>12</b>   | <b>13</b>   |
| Chicken Biscuit<br>Or<br>Assorted Cereal, Pop Tart,<br>Fresh Fruit, or<br>100% Fruit Juice | Grits w/ Sausage<br>Or<br>Assorted Cereal, Pop Tart,<br>Fresh Fruit, or<br>100% Fruit Juice | Pancake Pup<br>Or<br>Assorted Cereal, Pop Tart,<br>Fresh Fruit, or<br>100% Fruit Juice         | Grits w/ Bacon<br>Or<br>Assorted Cereal, Pop Tart,<br>Fresh Fruit, or<br>100% Fruit Juice | Sausage Biscuit<br>Or<br>Assorted Cereal, Pop Tart,<br>Fresh Fruit, or<br>100% Fruit Juice  |
| <b>16</b>  | <b>17</b>   | <b>18</b>  | <b>19</b>   | <b>20 Early Release Day</b>   |
| Cinnamon Roll<br>Or<br>Assorted Cereal, Pop Tart,<br>Fresh Fruit, or<br>100% Fruit Juice   | Grits w/ Sausage<br>Or<br>Assorted Cereal, Pop Tart,<br>Fresh Fruit, or<br>100% Fruit Juice | Breakfast Pizza<br>Or<br>Assorted Cereal, Pop Tart,<br>Fresh Fruit, or<br>100% Fruit Juice     | Grits w/ Bacon<br>Or<br>Assorted Cereal, Pop Tart,<br>Fresh Fruit, or<br>100% Fruit Juice | Chicken Biscuit<br>Or<br>Assorted Cereal, Pop Tart,<br>Fresh Fruit, or<br>100% Fruit Juice  |
| <b>23</b>  | <b>24</b>   | <b>25</b>  | <b>26</b>   | <b>27</b>   |
| No School<br>Dec. 23 – Jan. 6<br><br>Students return on Jan. 7                             |   |  |   |   |
| <b>30</b>  | <b>31</b>   | <b>1</b>   | <b>2</b>  | <b>3</b>  |
|  |   |  |   | <b>DID YOU KNOW?</b><br>All enrolled students in GWD50 receive one breakfast and one lunch each day at no cost! Please come and join us each day for a delicious meal! Thank you and we look forward to seeing you! |

### 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:**  
 $\infty \approx \div \leq \neq +$   
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.