



## Greenwood School District 50

### 2019 K-5 Lunch 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
2 Crispy Baked Chicken Or Pizza Lunchable Mashed Potatoes w/ Gravy Corn Fresh Veggies w/ Dip Fruit	3 Scrambled Eggs & Bacon Or Ham & Cheese on Brioche Pancakes Orange Juice Fruit	4 Cheesy Chicken Pasta Or Yogurt Plate Broccoli Salad Bar Yeast Roll Cool Rips Fruit Slush	5 Pizza Or Grilled Cheese Salad Bar Sweet Potato Fries Fruit	6 Soft Pork Taco Or Grilled Chicken Sandwich Chips & Salsa Pinto Beans Fruit
9 BBQ Chicken Or Pizza Lunchable Baked Beans Cole Slaw Fresh Veggies w/ Dip Cool Rips Fruit Slush	10 Orange Chicken Or Ham & Cheese on Brioche LoMein Noodles Steamed Vegetables Egg Roll Fruit	11 Pizza Or Yogurt Plate Salad Bar Corn Fruit	12 Corn Dog Or Grilled Cheese French Fries Salad Bar Fruit	13 Chicken Nuggets Or Grilled Chicken Sandwich Mashed Potatoes w/ Gravy Green Beans Yeast Roll Fruit
16 Oven Roasted Chicken Or Pizza Lunchable Steamed Cabbage Black Eyed Peas Cucumbers w/ Dip Fruit	17 Creamy Beef & Noodles Or Ham & Cheese on Brioche Green Peas Carrots Cool Rips Fruit Slush	18 <b>Distrist 50 Holiday Meal</b>	19 Pizza Or Yogurt Plate Salad Bar Corn Fruit	20 <b>Early Dismissal</b> Sandwich Chips Cookie Fruit
23 No School Dec. 23 – Jan. 6 Students return on Jan. 7	24	25 	26	27
30	31	1 	2	3 <b>DID YOU KNOW?</b> 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:



They average 17.5% higher math test scores

MORE ATTENDANCE +

HIGHER MATH SCORES =

20% more likely to graduate high school

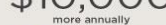


AND KIDS WHO EAT BREAKFAST REAP THE BENEFITS AS ADULTS, TOO:



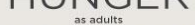
High school graduates on average earn

\$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