



## 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
<b>2</b> <u>Breakfast</u> Doughnut Holes  <u>Lunch</u> Grilled Cheese Vegetable Soup Fresh Veggies w/ Dip Fruit	<b>3</b> <u>Breakfast</u> Grits w/ Sausage  <u>Lunch</u> General Tso's Chicken Fried Rice Carrots Egg Roll Fruit	<b>4</b> <u>Breakfast</u> Strawberry Pancakes  <u>Lunch</u> Chicken & Dumplings Butternut Squash Sautéed Greens Yeast Roll Fruit	<b>5</b> <u>Breakfast</u> Grits w/ Bacon  <u>Lunch</u> Pork Tacos Chips, Salsa & Cheese Dip Mexican Rice Pinto Beans Fruit	<b>6</b> <u>Breakfast</u> French Toast Sticks  <u>Lunch</u> Hawaiian Chicken Rice Pilaf Green Beans Yeast Roll Fruit
<b>9</b> <u>Breakfast</u> Chicken Biscuit  <u>Lunch</u> Country Style Steak Mashed Potatoes w/ Gravy Turnip Greens Yeast Roll Fruit	<b>10</b> <u>Breakfast</u> Grits w/ Sausage  <u>Lunch</u> Orange Chicken LoMein Noodles Steamed Vegetables Egg Roll Fruit	<b>11</b> <u>Breakfast</u> Pancake Pups  <u>Lunch</u> Oven Roasted Chicken Rice w/ Gravy Steamed Cabbage Carrots Fruit	<b>12</b> <u>Breakfast</u> Grits w/ Bacon  <u>Lunch</u> Loaded Potato Bar Broccoli & Cheese Bread Stick Fruit	<b>13</b> <u>Breakfast</u> Sausage Biscuit  <u>Lunch</u> Spaghetti w/ Meat Sauce Side Salad Garlic Toast Cool Rips Fruit Slushy
<b>16</b> <u>Breakfast</u> Muffin w/ Yogurt  <u>Lunch</u> Oven Fried Chicken Mashed Potatoes w/ Gravy Broccoli & Cheese Yeast Roll Fruit	<b>17</b> <u>Breakfast</u> Grits w/ Sausage  <u>Lunch</u> Teriyaki Wings Fried Rice Carrots Egg Roll Fruit	<b>18 District 50 Holiday Meal</b> <u>Breakfast</u> Breakfast Pizza  <u>Lunch</u> Sliced Ham Macaroni & Cheese Green Beans Winter Squash Baked Apples Yeast Roll	<b>19</b> <u>Breakfast</u> Grits w/ Bacon  <u>Lunch</u> Nacho Bar Taco Meat Chips, Salsa, Cheese Dip Black Beans, Rice Fruit	<b>20 Early Release Day</b> <u>Breakfast</u> Chicken Biscuit  <u>Lunch</u> Sandwich Chips Cookie Fruit
<b>23</b> No School Dec. 23 – Jan. 6  Students return on Jan. 7	<b>24</b>	<b>25</b> 	<b>26</b>	<b>27</b>
<b>30</b>	<b>31</b>	<b>1</b> 	<b>2</b>	<b>3</b>  <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

Learn how you can help at [NoKidHungry.org/Breakfast](http://NoKidHungry.org/Breakfast)