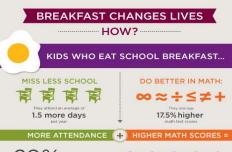


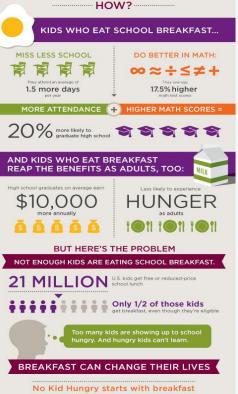
Middle & High School Menu

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