



## Greenwood School District 50 Lakeview 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.

# SCHOOL LUNCH VERSUS BAG LUNCH

NUTRITION & ECONOMICS

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Breakfast</b> French Toast Sticks	<b>Breakfast</b> Breakfast Pizza	<b>Breakfast</b> Pumpkin Bread	<b>Breakfast</b> Grits w/ Bacon	<b>Breakfast</b> Sausage Biscuit
<b>Lunch</b> Pizza or Turkey & Cheese Lunchable Corn Fruit Brownie	<b>Lunch</b> Orange Chicken or Turkey & Cheese Sub LoMein Noodles Carrots Egg Roll Fruit	<b>Lunch</b> Cheeseburger or Yogurt Plate French Fries Cucumber & Tomato Salad Fruit	<b>Lunch</b> Beef & Bean Burrito or Grilled Cheese Chips & Salsa Mexican Rice Fruit	<b>Lunch</b> Corn Dog or Grilled Chicken Salad Chips Side Salad w/ Ranch Fruit
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>Breakfast</b> Chicken Biscuit	<b>Breakfast</b> Honey Bun	<b>Breakfast</b> Breakfast Sandwich	<b>Breakfast</b> Grits w/ Bacon	<b>Breakfast</b> Pancakes
<b>Lunch</b> BBQ Sandwich or Turkey & Cheese Lunchable Onion Rings Baked Beans Fruit	<b>Lunch</b> Orange Chicken or Turkey & Cheese Sub LoMein Noodles Vegetable Blend Egg Roll Fruit	<b>Lunch</b> Chicken Tenders or Yogurt Plate Mashed Potatoes w/ Gravy Green Beans Yeast Roll Cool Rips Slushy	<b>Lunch</b> Crunchy Beef Tacos or Grilled Cheese Mexican Rice Refried Beans Fruit	<b>Lunch</b> Crispy Chicken Sandwich or Grilled Chicken Salad Corn Fruit Pudding
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>Breakfast</b> Cinnamon Roll	<b>Breakfast</b> Yogurt w/ Graham Crackers	<b>Breakfast</b> Chicken Biscuit	<b>Breakfast</b> Grits w/ Bacon	<b>Winter Break Dec 18 – Jan 4</b>
<b>Lunch</b> Cheeseburger or Turkey & Cheese Lunchable Doritos Carrots and Celery w/ Ranch Fruit	<b>Holiday Celebration</b> Sliced Ham Macaroni & Cheese Green Beans Corn Soufflé Dinner Roll Chocolate Cake	<b>Lunch</b> Cheese Bites w/ Marinara or Yogurt Plate Parmesan Noodles Broccoli Fruit	<b>Lunch</b> Managers Choice	
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>



### Time Saving

0 minutes of prep time at home... less stress in the morning



### One More Thing To Do Each Morning

Spending just 10 - 15 minutes prepping lunches = 30 - 40 hours per school year

School Meals are required to meet high nutrition standards featuring whole grains, fruits & vegetables & milk

Studies Show Lunches packed at home contained more sweetened beverages, snack chips, desserts, and refined grains

Journal Nutrition & Dietetics - 11/2016

**Provides:**  
More Protein  
More Calcium  
More Vitamin A  
More Fruits  
More Vegetable

**Provides:**  
More Calories  
More Fat  
More Saturated Fat  
More Sugar  
More Salty Snacks

Journal of Nutrition Education & Behavior  
Nov/Dec 2014

Journal of Nutrition Education & Behavior  
Nov/Dec 2014

**Average Price**  
Sliced Turkey & Cheese Sandwich on whole grain bread veggies & dip, milk, fruit  
**\$0.00**

**Average Price**  
Comparable Menu including sandwich on whole grain bread, veggies & dip, milk, fruit  
**\$3.46 - \$4.26**

Free for students through December 31, 2020

Prices based on local grocery prices