

# DECEMBER

## Greenwood School District 50 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b>	<b>2</b>	<b>3</b>
		<b>Breakfast</b> Waffle	<b>Breakfast</b> Grits w/ Bacon	<b>Breakfast</b> Breakfast Pizza
		<b>Lunch</b> Cheese Bites w/ Marinara or Grilled Chicken on a Salad Parmesan Noodles Broccoli Fruit	<b>Lunch</b> Cheesy Chicken & Noodles or Yogurt Plate SC Grown Butternut Squash Yeast Roll Fruit	<b>Lunch</b> Cheeseburger or Chef Salad French Fries Baked Beans Fruit
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Breakfast</b> Honey Bun	<b>Breakfast</b> Sausage Biscuit	<b>Breakfast</b> Pancakes	<b>Breakfast</b> Grits w/ Bacon	<b>Breakfast</b> Yogurt w/ String Cheese
<b>Lunch</b> Meatloaf or Grilled Cheese w/ Chips Mashed Potatoes w/ Gravy SC Grown Cabbage Yeast Roll Cool Rips Slushy	<b>Lunch</b> Crunchy Beef Tacos or Yogurt Plate Mexican Rice Pinto Beans Fruit	<b>Lunch</b> Pizza or Grilled Chicken on a Salad Corn Fruit	<b>Holiday Celebration</b> Baked Ham Macaroni & Cheese Corn Soufflé Green Beans Yeast Roll Fruit	<b>Lunch</b> Chicken Sandwich or Chef Salad Chips Cucumbers w/ Dip Fruit
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>Breakfast</b> Cinnamon Roll	<b>Breakfast</b> Egg & Cheese Biscuit	<b>Breakfast</b> Chef's Choice		
<b>Lunch</b> Chicken Poppers or Grilled Cheese w/ Chips Mashed Potatoes w/ Gravy SC Grown Collard Greens Yeast Roll Fruit	<b>Lunch</b> Spaghetti or Yogurt Plate Steamed Zucchini Garlic Bread Fruit	<b>Lunch</b> Sandwich Chips Fruit		
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>

Approved by: Katherine Baskin, K-12 PE



#### Time Saving

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

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

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

Journal of Nutrition Education & Behavior  
Nov/Dec 2014

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

Free for students through December 31, 2020



#### One More Thing To Do Each Morning

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

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

Journal Nutrition & Dietetics - 11/2016

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

Journal of Nutrition Education & Behavior  
Nov/Dec 2014

**Average Price**  
Comparable Menu including sandwich on whole grain bread veggies & dip, milk, fruit

**\$3.46 - \$4.26**

Prices based on local grocery prices