

DECEMBER

Greenwood School District 50 Emerald 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.

SCHOOL LUNCH VERSUS BAG LUNCH

NUTRITION & ECONOMICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		<u>Breakfast</u> Waffle	<u>Breakfast</u> Grits w/ Bacon	<u>Breakfast</u> Breakfast Pizza
		<u>Lunch</u> Chicken Alfredo Green Peas Yeast Roll Cool Rips Slushy	NEW <u>Lunch</u> Teriyaki Beef Fried Rice Broccoli Egg Roll Fruit	<u>Lunch</u> Loaded Baked Potato Cheese, Sour Cream Bacon, Chili Side Salad Fruit
6	7	8	9	10
<u>Breakfast</u> Honey Bun	<u>Breakfast</u> Sausage Biscuit	<u>Breakfast</u> Pancake Pup	<u>Breakfast</u> Grits w/ Bacon	<u>Breakfast</u> Yogurt & String Cheese
<u>Lunch</u> Country Style Steak Mashed Potatoes w/ Gravy SC Grown Collard Greens Yeast Roll Cool Rips Slushy	<u>Lunch</u> Crunchy Beef Tacos Mexican Rice Pinto Beans Fruit	<u>Lunch</u> Chicken & Rice SC Grown Butternut Squash Lima Beans Garlic Toast Fruit	<u>Holiday Celebration</u> Baked Ham Macaroni & Cheese Corn Soufflé Green Beans Yeast Roll Fruit	<u>Lunch</u> Vegetable Soup Grilled Cheese Side Salad Chips Fruit
13	14	15 Early Dismissal	16	17
<u>Breakfast</u> Cinnamon Roll	<u>Breakfast</u> Yogurt w/ Graham Crackers	<u>Breakfast</u> Honey Bun		
<u>Lunch</u> Baked Chicken Mashed Potatoes w/ Gravy SC Grown Collard Greens Fruit	<u>Lunch</u> Beef Burrito Southwestern Corn Chips & Salsa Fruit	<u>Lunch</u> Ham & Cheese Croissant Chips Fruit Juice Fruit		
20	21	22	23	24
27	28	29	30	31

Created by Vanessa Baskin, KIPP-SHS



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