

DECEMBER

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

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



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