

# DECEMBER

## Greenwood School District 50 Rice 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>
		<u>Breakfast</u> Waffle	<u>Breakfast</u> Choice of Cereal	<u>Breakfast</u> Breakfast Pizza
		<u>Lunch</u> Cheese Bites w/ Marinara or Chicken Salad on Fresh Greens Parmesan Noodles Broccoli Fruit	<u>Lunch</u> Teriyaki Chicken on Rice or Yogurt Plate SC Grown Butternut Squash Egg Roll Fruit	<u>Lunch</u> Cheeseburger or Chef Salad French Fries Baked Beans Fruit
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<u>Breakfast</u> Muffins	<u>Breakfast</u> Sausage Biscuit	<u>Breakfast</u> Pancake Pup	<u>Breakfast</u> Choice of Cereal	<u>Breakfast</u> French Toast
<u>Lunch</u> Country Style Steak or Ham & Cheese Sandwich Mashed Potatoes w/ Gravy SC Grown Cabbage Yeast Roll Cool Rips Slushy	<u>Lunch</u> Beef Nachos or Yogurt Plate Mexican Rice Pinto Beans Fruit	<u>Lunch</u> Calzone or Chicken Salad on Fresh Greens Corn Fruit	<u>Holiday Celebration</u> Baked Ham Macaroni & Cheese Corn Soufflé Green Beans Yeast Roll Fruit	<u>Lunch</u> Corn Dog or Chef Salad Chips Cucumbers w/ Dip Fruit
<b>13</b>	<b>14</b>	<b>15</b> <b>Early Dismissal</b>	<b>16</b>	<b>17</b>
<u>Breakfast</u> Cinnamon Roll	<u>Breakfast</u> Egg & Cheese Biscuit	<u>Breakfast</u> Chef's Choice		
<u>Lunch</u> Chicken Poppers or Ham & Cheese Sandwich 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> 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, SLP



### 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