



MARCH

Greenwood School District 50 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Breakfast Muffin & Yogurt</p> <p>Lunch Hamburger Steak Mashed Potatoes w/ Gravy Broccoli w/ Cheese Dinner Roll Fruit</p> 	<p>3</p> <p>Breakfast Grits w/ Sausage</p> <p>Lunch Orange Chicken LoMein Noodles Steamed Vegetables Egg Roll Fruit</p>	<p>4</p> <p>Breakfast Cinnamon Roll</p> <p>Lunch Buffalo Wings Carrots & Celery w/ Dip Cheesy Mashed Potatoes Texas Toast Fruit</p> 	<p>5</p> <p>Breakfast Grits w/ Bacon</p> <p>Lunch Scrambled Eggs Grits Sausage Pancakes w/ Syrup Fruit</p>	<p>6</p> <p>Breakfast Steak Biscuit</p> <p>Lunch BBQ Chicken Baked Beans Cole Slaw Fried Okra Fruit</p>
<p>9</p> <p>Breakfast Glazed Doughnut</p> <p>Lunch Hot Dog w/ Chili Potato Chips Corn on the Cob Fresh Veggie w/ Dip</p>	<p>10</p> <p>Breakfast Grits w/ Sausage</p> <p>Lunch General Tso's Chicken Fried Rice Carrots Egg Roll Fruit</p>	<p>11</p> <p>Breakfast Strawberry Pancakes</p> <p>Lunch Cheesy Chicken Pasta Broccoli Dinner Roll Cool Rips Fruit Slushy</p>	<p>12</p> <p>Breakfast Grits w/ Bacon</p> <p>Lunch Country Style Steak Mashed Potatoes w/ Gravy Turnip Greens Dinner Roll Fruit</p>	<p>13</p> <p>Breakfast French Toast Sticks</p> <p>Lunch Baked Chicken Green Beans Rice & Gravy Cornbread</p>
<p>16</p> <p>Breakfast Chicken Biscuit</p> <p>Lunch BBQ Pork Sliders Cole Slaw Baked Beans Fresh Veggie w/ Dip Fruit</p>	<p>17 Happy St. Patrick's Day</p> <p>Breakfast Grits w/ Sausage</p> <p>Lunch Orange Chicken LoMein Noodles Steamed Vegetables Egg Roll Fruit</p> 	<p>18</p> <p>Breakfast Pancake Pup</p> <p>Lunch Loaded Potato Bar Broccoli & Cheese Bread Stick Fruit</p>	<p>19</p> <p>Breakfast Grits w/ Bacon</p> <p>Lunch Assorted Wing Bar Fresh Veggies w/ Dip Pasta Salad Bread Stick Fruit</p>	<p>20</p> <p>Breakfast Sausage Biscuit</p> <p>Lunch Spaghetti w/ Meat Sauce Zucchini Cinnamon Roll Fruit</p>
<p>23</p> <p>Breakfast Cinnamon Roll</p> <p>Lunch Oven Fried Chicken Mashed Potatoes w/ Gravy Broccoli & Cheese Yeast Roll Fruit</p>	<p>24</p> <p>Breakfast Grits w/ Sausage</p> <p>Lunch Teriyaki Pork Fried Rice Carrots Egg Roll Fruit</p>	<p>25 Early Release Day</p> <p>Breakfast Breakfast Pizza</p> <p>Lunch Sandwich Chips Fruit</p>	<p>26</p> <p>Breakfast Grits w/ Bacon</p> <p>Lunch Meatloaf Garlic Mashed Potatoes Peas & Carrots Dinner Roll Cool Rips Fruit Slushy</p>	<p>27</p> <p>Breakfast Chicken Biscuit</p> <p>Lunch Cheese Bites w/ Marinara Parmesan Noodles Steamed Vegetables Fruit Salad</p>
<p>30</p> <p>Breakfast Muffin & Yogurt</p> <p>Lunch Hamburger Steak Mashed Potatoes w/ Gravy Broccoli w/ Cheese Dinner Roll Fruit</p>	<p>31</p> <p>Breakfast Grits w/ Sausage</p> <p>Lunch Orange Chicken LoMein Noodles Steamed Vegetables Egg Roll Cool Rips Fruit Slushy</p>	<p>1</p> <p>Breakfast Scrambled Eggs & Breakfast Potatoes</p> <p>Lunch Buffalo Wings Carrots & Celery w/ Dip Cheesy Mashed Potatoes Texas Toast Fruit</p>	<p>2</p> <p>Breakfast Grits w/ Bacon</p> <p>Lunch Scrambled Eggs Grits Sausage Pancakes w/ Syrup Fruit</p>	<p>3</p> <p>Breakfast Sausage Biscuit</p> <p>Lunch BBQ Chicken Baked Beans Cole Slaw Fried Okra Fruit</p>

A GALAXY WORTH VISITING





SCHOOL BREAKFAST

Parents: Your child can get healthy breakfast options at school that are out of this world!

SCHOOL BREAKFAST OUT OF THIS WORLD!™


Students who eat school breakfast are more likely to:

- Reach higher levels of achievement in reading and math
- Score higher on standardized tests
- Have better concentration and memory
- Be more alert
- Maintain a healthy weight.

THE SCHOOL BREAKFAST PROGRAM SERVES MORE THAN 14 MILLION CHILDREN EVERY SCHOOL DAY!

NATIONAL SCHOOL BREAKFAST WEEK
MARCH 2-6, 2020

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