


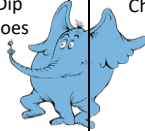
# MARCH

## Greenwood School District 50 Middle 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><b>2</b></p> <p><b>Breakfast</b> Muffin &amp; Yogurt</p> <p><b>Lunch</b> Hamburger Steak Mashed Potatoes w/ Gravy Broccoli w/ Cheese Dinner Roll Fruit</p> 	<p><b>3</b></p> <p><b>Breakfast</b> Grits w/ Sausage</p> <p><b>Lunch</b> Orange Chicken LoMein Noodles Steamed Vegetables Egg Roll Fruit</p>	<p><b>4</b></p> <p><b>Breakfast</b> Cinnamon Roll</p> <p><b>Lunch</b> Buffalo Wings Carrots &amp; Celery w/ Dip Cheesy Mashed Potatoes Texas Toast Fruit</p> 	<p><b>5</b></p> <p><b>Breakfast</b> Grits w/ Bacon</p> <p><b>Lunch</b> Crunchy Beef Tacos Chips, Salsa &amp; Cheese Dip Mexican Rice Pinto Beans Fruit</p>	<p><b>6</b></p> <p><b>Breakfast</b> Steak Biscuit</p> <p><b>Lunch</b> BBQ Chicken Baked Beans Cole Slaw Fried Okra Fruit</p>
<p><b>9</b></p> <p><b>Breakfast</b> Glazed Doughnut</p> <p><b>Lunch</b> Hot Dog w/ Chili Potato Chips Corn on the Cob Fresh Veggie w/ Dip</p>	<p><b>10</b></p> <p><b>Breakfast</b> Grits w/ Sausage</p> <p><b>Lunch</b> General Tso's Chicken Fried Rice Carrots Egg Roll Fruit</p>	<p><b>11</b></p> <p><b>Breakfast</b> Strawberry Pancakes</p> <p><b>Lunch</b> Cheesy Chicken Pasta Broccoli Dinner Roll Cool Rips Fruit Slushy</p>	<p><b>12</b></p> <p><b>Breakfast</b> Grits w/ Bacon</p> <p><b>Lunch</b> Soft Chicken Tacos Black Beans Chips &amp; Salsa Fruit</p>	<p><b>13</b></p> <p><b>Breakfast</b> French Toast Sticks</p> <p><b>Lunch</b> Baked Chicken Green Beans Rice &amp; Gravy Cornbread</p>
<p><b>16</b></p> <p><b>Breakfast</b> Chicken Biscuit</p> <p><b>Lunch</b> BBQ Pork Sliders Cole Slaw Baked Beans Fresh Veggie w/ Dip Fruit</p>	<p><b>17 Happy St. Patrick's Day</b></p> <p><b>Breakfast</b> Grits w/ Sausage</p> <p><b>Lunch</b> Orange Chicken LoMein Noodles Steamed Vegetables Egg Roll Fruit</p> 	<p><b>18</b></p> <p><b>Breakfast</b> Pancake Pup</p> <p><b>Lunch</b> Loaded Potato Bar Broccoli &amp; Cheese Bread Stick Fruit</p>	<p><b>19</b></p> <p><b>Breakfast</b> Grits w/ Bacon</p> <p><b>Lunch</b> Cheesy Beef Nachos w/ Toppings Refried Beans Mexican Rice Fruit</p>	<p><b>20</b></p> <p><b>Breakfast</b> Sausage Biscuit</p> <p><b>Lunch</b> Spaghetti w/ Meat Sauce Zucchini Cinnamon Roll Fruit</p>
<p><b>23</b></p> <p><b>Breakfast</b> Cinnamon Roll</p> <p><b>Lunch</b> Oven Fried Chicken Mashed Potatoes w/ Gravy Broccoli &amp; Cheese Yeast Roll Fruit</p>	<p><b>24</b></p> <p><b>Breakfast</b> Grits w/ Sausage</p> <p><b>Lunch</b> Teriyaki Wings Fried Rice Carrots Egg Roll Fruit</p>	<p><b>25 Early Release Day</b></p> <p><b>Breakfast</b> Breakfast Pizza</p> <p><b>Lunch</b> Sandwich Chips Fruit</p>	<p><b>26</b></p> <p><b>Breakfast</b> Grits w/ Bacon</p> <p><b>Lunch</b> Meatloaf Garlic Mashed Potatoes Peas &amp; Carrots Dinner Roll Cool Rips Fruit Slushy</p>	<p><b>27</b></p> <p><b>Breakfast</b> Chicken Biscuit</p> <p><b>Lunch</b> Vegetable Beef Soup Grilled Cheese Potato Chips Fruit Salad</p>
<p><b>30</b></p> <p><b>Breakfast</b> Muffin &amp; Yogurt</p> <p><b>Lunch</b> Hamburger Steak Mashed Potatoes w/ Gravy Broccoli w/ Cheese Dinner Roll Fruit</p>	<p><b>31</b></p> <p><b>Breakfast</b> Grits w/ Sausage</p> <p><b>Lunch</b> Orange Chicken LoMein Noodles Steamed Vegetables Egg Roll Cool Rips Fruit Slushy</p>	<p><b>1</b></p> <p><b>Breakfast</b> Scrambled Eggs &amp; Breakfast Potatoes</p> <p><b>Lunch</b> Buffalo Wings Carrots &amp; Celery w/ Dip Cheesy Mashed Potatoes Texas Toast Fruit</p>	<p><b>2</b></p> <p><b>Breakfast</b> Grits w/ Bacon</p> <p><b>Lunch</b> Crunchy Beef Tacos Chips, Salsa &amp; Cheese Dip Mexican Rice Pinto Beans Fruit</p>	<p><b>3</b></p> <p><b>Breakfast</b> Sausage Biscuit</p> <p><b>Lunch</b> BBQ Chicken Baked Beans Cole Slaw Fried Okra Fruit</p>

A GALAXY WORTH VISITING



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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