

# January

## Greenwood School District 50 Middle & 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.



**Bringing Your Lunch From Home?**

Did you know that your student can take a **Fresh Vegetable, Fruit and a Milk** everyday to go along with his or her own cold lunch?

That's right - let us provide the nutritious side items and a choice of milk—all ready to grab & go in a convenient 12 Spot Grab Bag... **Every Day At No Cost To You!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
				
4	5	6	7	8
<p><b>Breakfast</b> Chicken Biscuit</p> <p><b>Lunch</b> BBQ Pork Baked Beans Corn on the Cob Texas Toast Fruit</p>	<p><b>Breakfast</b> Honey Bun</p> <p><b>Lunch</b> Orange Chicken LoMein Noodles Vegetable Blend Egg Roll Fruit</p>	<p><b>Breakfast</b> Breakfast Sandwich</p> <p><b>Lunch</b> Chicken Wings Carrots &amp; Celery w/ Ranch Garlic Toast Cool Rips Slushy</p>	<p><b>Breakfast</b> Pancakes</p> <p><b>Lunch</b> Crunchy Beef Tacos Mexican Rice Refried Beans Fruit</p>	<p><b>Breakfast</b> Sausage Biscuit</p> <p><b>Lunch</b> Spaghetti w/ Meat Sauce Corn Garlic Bread Fruit</p>
11	12	13	14	15
<p><b>Breakfast</b> Cinnamon Roll</p> <p><b>Lunch</b> Loaded Baked Potato Broccoli &amp; Cheese Chili Sour Cream, Bacon Bits Yeast Roll Fruit</p>	<p><b>Breakfast</b> Yogurt w/ Graham Crackers</p> <p><b>Lunch</b> Orange Chicken Fried Rice Vegetable Blend Egg Roll Fruit</p>	<p><b>Breakfast</b> Chicken Biscuit</p> <p><b>Lunch</b> Chicken Noodle Soup Side Salad w/ Ranch Bread Stick Fruit</p>	<p><b>Early Release Day</b></p> <p><b>Breakfast</b> Grits w/ Bacon</p> <p><b>Lunch</b> Managers Choice</p>	<b>No Students</b>
18	19	20	21	22
<b>Schools Closed</b>	<p><b>Breakfast</b> Breakfast Pizza</p> <p><b>Lunch</b> General Tso's Chicken Fried Rice Carrots Egg Roll Fruit</p>	<p><b>Breakfast</b> Blueberry Bread</p> <p><b>Lunch</b> BBQ Chicken Baked Beans Breaded Okra Corn Roll Fruit</p>	<p><b>Breakfast</b> Honey Bun</p> <p><b>Lunch</b> Soft Beef Taco Chips &amp; Salsa Mexican Rice Fruit</p>	<p><b>Breakfast</b> Sausage Biscuit</p> <p><b>Lunch</b> Chili Beans Cornbread Side Salad Fruit</p>
25	26	27	28	29
<p><b>Breakfast</b> Chicken Biscuit</p> <p><b>Lunch</b> BBQ Pork Baked Beans Corn on the Cob Texas Toast Fruit</p>	<p><b>Breakfast</b> Honey Bun</p> <p><b>Lunch</b> Orange Chicken LoMein Noodles Vegetable Blend Egg Roll Fruit</p>	<p><b>Breakfast</b> Breakfast Sandwich</p> <p><b>Lunch</b> Chicken Wings Carrots &amp; Celery w/ Ranch Garlic Toast Cool Rips Slushy</p>	<p><b>Breakfast</b> Pancakes</p> <p><b>Lunch</b> Crunchy Beef Tacos Mexican Rice Refried Beans Fruit</p>	<p><b>Breakfast</b> Sausage Biscuit</p> <p><b>Lunch</b> Spaghetti w/ Meat Sauce Corn Garlic Bread Fruit</p>