

JANUARY

Greenwood School District 52 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.

SCHOOL LUNCH

VERSUS

BAG LUNCH

NUTRITION & ECONOMICS



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 November 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 November 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
10	11	12	13	14
<p>Breakfast Muffin & Cheese Stick</p> <p>Lunch Pork Riblet Sandwich or Meatloaf Mashed Potatoes w/ Gravy Green Beans Yeast Roll Fruit</p>	<p>Breakfast Chicken Biscuit</p> <p>Lunch Chicken Nuggets or Beef Nachos Salsa, Lettuce, Tomatoes Black Beans Southwestern Corn Fruit</p>	<p>Breakfast Waffle</p> <p>Lunch Chicken Sandwich or Sliced Ham Hash Brown Casserole Green Peas Yeast Roll Cool Rips Slushy</p>	<p>Breakfast Pop Tarts</p> <p>Lunch Corn Dog or Teriyaki Chicken Lo Mein Noodles Broccoli Egg Roll Fruit</p>	<p>Breakfast Breakfast Pizza</p> <p>Lunch Pizza or Chicken Alfredo Side Salad Garlic Bread Fruit</p>
17	18	19	20	21
	<p>Breakfast Sausage Biscuit</p> <p>Lunch Chicken Nuggets or Crunchy Beef Tacos Mexican Rice Pinto Beans Fruit</p>	<p>Breakfast Pancake Pup</p> <p>Lunch Chicken Sandwich or Chicken & Rice SC Grown Butternut Squash Lima Beans Garlic Toast Fruit</p>	<p>Breakfast Pop Tarts</p> <p>Lunch Corn Dog or Orange Chicken Fried Rice Carrots Egg Roll Fruit</p>	<p>Breakfast Yogurt & String Cheese</p> <p>Lunch Pizza or Tomato Soup Grilled Cheese Side Salad Chips Fruit</p>
24	25	26	27	28
<p>Breakfast Cinnamon Roll</p> <p>Lunch Cheeseburger or Baked Chicken Mashed Potatoes w/ Gravy SC Grown Collard Greens Yeast Roll Fruit</p>	<p>Breakfast Yogurt w/ Graham Crackers</p> <p>Lunch Chicken Nuggets or Beef Burrito Southwestern Corn Chips & Salsa Fruit</p>	<p>Breakfast Chicken Biscuit</p> <p>Lunch Chicken Sandwich or Spaghetti Side Salad Garlic Bread Fruit</p>	<p>Breakfast Pop Tarts</p> <p>Lunch Corn Dog or Orange Chicken Fried Rice Carrots Egg Roll Fruit</p>	<p>Breakfast Pancakes</p> <p>Lunch Pizza or BBQ Pork Baked Beans Breaded Okra SC Grown Cole Slaw Texas Toast Cool Rips Slushy</p>
31	1	2	3	4
<p>Breakfast Muffin & Cheese Stick</p> <p>Lunch Cheeseburger or Meatloaf Mashed Potatoes w/ Gravy SC Grown Cabbage Yeast Roll Fruit</p>	<p>Breakfast Chicken Biscuit</p> <p>Lunch Chicken Nuggets or Beef Nachos Salsa, Lettuce, Tomatoes Black Beans Southwestern Corn Fruit</p>	<p>Breakfast Waffle</p> <p>Lunch Chicken Sandwich or Lemon Pepper Chicken Macaroni & Cheese Green Peas Yeast Roll Cool Rips Slushy</p>	<p>Breakfast Pop Tarts</p> <p>Lunch Corn Dog or Teriyaki Chicken Fried Rice Broccoli Egg Roll Fruit</p>	<p>Breakfast Breakfast Pizza</p> <p>Lunch Pizza or Loaded Baked Potato Cheese, Sour Cream Bacon, Chili Side Salad Fruit</p>

Created by Jeanne DeWitt, MS, RD, CNSL-D