A JANUAR

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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."

- \checkmark 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

Average Price

\$3.46 - \$4.26



Provides: More Protein More Calcium More Vitamin A More Fruits More Vegetable

. Average Price Sliced Turkey & Cheese Sandwich milk, fruit

V 17	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3	4	5	6	7
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D'-+'-+ F2					
ool District 52					
School Menu					
School Wenu	10	11	12	13	14
to change without	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
endor deliveries	Muffin & Cheese Stick	Chicken Biscuit	Waffle	Pop Tarts	Breakfast Pizza
availability	Lunch	Lunch	Lunch	Lunch	Lunch
	Pork Riblet Sandwich or	Chicken Nuggets or	Chicken Sandwich or	Corn Dog or	Pizza or
n is an equal				_	
provider."	Meatloaf	Beef Nachos	Sliced Ham	Teriyaki Chicken	Chicken Alfredo
	Mashed Potatoes w/ Gravy	Salsa, Lettuce, Tomatoes	Hash Brown Casserole	Lo Mein Noodles	Side Salad
five components to be	Green Beans	Black Beans	Green Peas	Broccoli	Garlic Bread
dents at lunch:	Yeast Roll	Southwestern Corn	Yeast Roll	Egg Roll	Fruit
	Fruit	Fruit	Cool Rips Slushy	Fruit	
eat/Meat Alternate,	47	40		20	24
ain, Fruit, Vegetable	17	18	19	20	21
noice of 8oz milk		Breakfast	Breakfast	Breakfast	Breakfast
oose at least three items,		Sausage Biscuit	Pancake Pup	Pop Tarts	Yogurt & String Cheese
st be a <u>fruit</u> or <u>vegetable</u> .		ou uougo biodule	i andane i ap		
fruit juice, and a variety of			Lunch	Lunch	
		Lunch	Lunch	Corn Dog or	Lunch
atevery lunch.		Chicken Nuggets or	Chicken Sandwich or	Orange Chicken	Pizza or
		Crunchy Beef Tacos	Chicken & Rice	Fried Rice	Tomato Soup
		Mexican Rice	SC Grown Butternut Squash		Grilled Cheese
CL		Pinto Beans	Lima Beans	Carrots	Side Salad
СН			Lima Beans Garlic Toast	Egg Roll	
CH		Pinto Beans	Garlic Toast		Side Salad Chips
SNS	24	Pinto Beans Fruit	Garlic Toast Fruit	Egg Roll Fruit	Side Salad Chips Fruit
SNS	24	Pinto Beans Fruit 25	Garlic Toast Fruit 26	Egg Roll Fruit 27	Side Salad Chips Fruit 28
SNS	24 <u>Breakfast</u>	Pinto Beans Fruit 25 <u>Breakfast</u>	Garlic Toast Fruit	Egg Roll Fruit	Side Salad Chips Fruit 28 <u>Breakfast</u>
SNS		Pinto Beans Fruit 25	Garlic Toast Fruit 26	Egg Roll Fruit 27	Side Salad Chips Fruit 28
	<u>Breakfast</u>	Pinto Beans Fruit 25 <u>Breakfast</u>	Garlic Toast Fruit 26 <u>Breakfast</u>	Egg Roll Fruit 27 <u>Breakfast</u>	Side Salad Chips Fruit 28 <u>Breakfast</u>
	<u>Breakfast</u> Cinnamon Roll	Pinto Beans Fruit 25 <u>Breakfast</u> Yogurt w/ Graham Crackers	Garlic Toast Fruit 26 <u>Breakfast</u> Chicken Biscuit	Egg Roll Fruit 27 <u>Breakfast</u> Pop Tarts	Side Salad Chips Fruit 28 <u>Breakfast</u> Pancakes
	<u>Breakfast</u> Cinnamon Roll <u>Lunch</u>	Pinto Beans Fruit 25 <u>Breakfast</u> Yogurt w/ Graham Crackers <u>Lunch</u>	Garlic Toast Fruit 26 <u>Breakfast</u> Chicken Biscuit <u>Lunch</u>	Egg Roll Fruit 27 <u>Breakfast</u> Pop Tarts <u>Lunch</u>	Side Salad Chips Fruit 28 <u>Breakfast</u> Pancakes <u>Lunch</u>
	<u>Breakfast</u> Cinnamon Roll <u>Lunch</u> Cheeseburger or	Pinto Beans Fruit 25 <u>Breakfast</u> Yogurt w/ Graham Crackers <u>Lunch</u> Chicken Nuggets or	Garlic Toast Fruit 26 <u>Breakfast</u> Chicken Biscuit <u>Lunch</u> Chicken Sandwich or	Egg Roll Fruit 27 <u>Breakfast</u> Pop Tarts <u>Lunch</u> Corn Dog or	Side Salad Chips Fruit 28 <u>Breakfast</u> Pancakes <u>Lunch</u> Pizza or
	<u>Breakfast</u> Cinnamon Roll <u>Lunch</u> Cheeseburger or Baked Chicken	Pinto Beans Fruit 25 <u>Breakfast</u> Yogurt w/ Graham Crackers <u>Lunch</u> Chicken Nuggets or Beef Burrito	Garlic Toast Fruit 26 <u>Breakfast</u> Chicken Biscuit <u>Lunch</u> Chicken Sandwich or Spaghetti	Egg Roll Fruit 27 <u>Breakfast</u> Pop Tarts <u>Lunch</u> Com Dog or Orange Chicken	Side Salad Chips Fruit 28 <u>Breakfast</u> Pancakes <u>Lunch</u> Pizza or BBQ. Pork
	<u>Breakfast</u> Cinnamon Roll <u>Lunch</u> Cheeseburger or Baked Chicken Mashed Potatoes w/ Gravy	Pinto Beans Fruit 25 <u>Breakfast</u> Yogurt w/ Graham Crackers <u>Lunch</u> Chicken Nuggets or Beef Burrito Southwestern Corn	Garlic Toast Fruit 26 <u>Breakfast</u> Chicken Biscuit <u>Lunch</u> Chicken Sandwich or Spaghetti Side Salad	Egg Roll Fruit 27 <u>Breakfast</u> Pop Tarts <u>Lunch</u> Com Dog or Orange Chicken Fried Rice	Side Salad Chips Fruit 28 <u>Breakfast</u> Pancakes <u>Lunch</u> Pizza or BBQ. Pork Baked Beans
	<u>Breakfast</u> Cinnamon Roll <u>Lunch</u> Cheeseburger or Baked Chicken Mashed Potatoes w/ Gravy SC Grown Collard Greens	Pinto Beans Fruit 25 <u>Breakfast</u> Yogurt w/ Graham Crackers <u>Lunch</u> Chicken Nuggets or Beef Burrito Southwestern Corn Chips & Salsa	Garlic Toast Fruit 26 <u>Breakfast</u> Chicken Biscuit <u>Lunch</u> Chicken Sandwich or Spaghetti	Egg Roll Fruit 27 <u>Breakfast</u> Pop Tarts <u>Lunch</u> Corn Dog or Orange Chicken Fried Rice Carrots	Side Salad Chips Fruit 28 <u>Breakfast</u> Pancakes <u>Lunch</u> Pizza or BBQ. Pork Baked Beans Breaded Okra
	<u>Breakfast</u> Cinnamon Roll <u>Lunch</u> Cheeseburger or Baked Chicken Mashed Potatoes w/ Gravy SC Grown Collard Greens Yeast Roll	Pinto Beans Fruit 25 <u>Breakfast</u> Yogurt w/ Graham Crackers <u>Lunch</u> Chicken Nuggets or Beef Burrito Southwestern Corn	Garlic Toast Fruit 26 <u>Breakfast</u> Chicken Biscuit <u>Lunch</u> Chicken Sandwich or Spaghetti Side Salad	Egg Roll Fruit 27 <u>Breakfast</u> Pop Tarts <u>Lunch</u> Com Dog or Orange Chicken Fried Rice	Side Salad Chips Fruit 28 <u>Breakfast</u> Pancakes <u>Lunch</u> Pizza or BBQ Pork Baked Beans Breaded Okra SC Grown Cole Slaw
	<u>Breakfast</u> Cinnamon Roll <u>Lunch</u> Cheeseburger or Baked Chicken Mashed Potatoes w/ Gravy SC Grown Collard Greens	Pinto Beans Fruit 25 <u>Breakfast</u> Yogurt w/ Graham Crackers <u>Lunch</u> Chicken Nuggets or Beef Burrito Southwestern Corn Chips & Salsa	Garlic Toast Fruit 26 Breakfast Chicken Biscuit Lunch Chicken Sandwich or Spaghetti Side Salad Garlic Bread	Egg Roll Fruit 27 <u>Breakfast</u> Pop Tarts <u>Lunch</u> Corn Dog or Orange Chicken Fried Rice Carrots	Side Salad Chips Fruit 28 <u>Breakfast</u> Pancakes <u>Lunch</u> Pizza or BBQ. Pork Baked Beans Breaded Okra
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CONOMICS CONOMICS CONOMICS Cone More Thing Cone More Thing Cone More Thing Spending just 10 - 15 minutes repping lunches = 30 - 40 hours	<u>Breakfast</u> Cinnamon Roll <u>Lunch</u> Cheeseburger or Baked Chicken Mashed Potatoes w/ Gravy SC Grown Collard Greens Yeast Roll Fruit	Pinto Beans Fruit 25 <u>Breakfast</u> Yogurt w/ Graham Crackers <u>Lunch</u> Chicken Nuggets or Beef Burrito Southwestern Corn Chips & Salsa Fruit	Garlic Toast Fruit 26 <u>Breakfast</u> Chicken Biscuit <u>Lunch</u> Chicken Sandwich or Spaghetti Side Salad Garlic Bread Fruit	Egg Roll Fruit 27 <u>Breakfast</u> Pop Tarts <u>Lunch</u> Com Dog or Orange Chicken Fried Rice Carrots Egg Roll Fruit	Side Salad Chips Fruit 28 <u>Breakfast</u> Pancakes <u>Lunch</u> Pizza or BBQ Pork Baked Beans Breaded Okra SC Grown Cole Slaw Texas Toast
	Breakfast Cinnamon Roll Lunch Cheeseburger or Baked Chicken Mashed Potatoes w/ Gravy SC Grown Collard Greens Yeast Roll Fruit	Pinto Beans Fruit 25 Yogurt w/ Graham Crackers <u>Lunch</u> Chicken Nuggets or Beef Burrito Southwestern Com Chips & Salsa Fruit	Garlic Toast Fruit 26 Breakfast Chicken Biscuit Lunch Chicken Sandwich or Spaghetti Side Salad Garlic Bread Fruit	Egg Roll Fruit 27 <u>Breakfast</u> Pop Tarts <u>Lunch</u> Com Dog or Orange Chicken Fried Rice Carrots Egg Roll Fruit 3	Side Salad Chips Fruit 28 <u>Breakfast</u> Pancakes <u>Lunch</u> Pizza or BBQ Pork Baked Beans Breaded Okra SC Grown Cole Slaw Texas Toast Cool Rips Slushy 4
CONOMICS CONOMICS CONOMICS CONOMICS CONOMICS CONOMICS CONOMICS CONOMICS CONOMICS CONOMICS CONOMICS	Breakfast Cinnamon Roll Lunch Cheeseburger or Baked Chicken Mashed Potatoes w/ Gravy SC Grown Collard Greens Yeast Roll Fruit 31 Breakfast	Pinto Beans Fruit 25 Yogurt w/ Graham Crackers <u>Lunch</u> Chicken Nuggets or Beef Burrito Southwestern Corn Chips & Salsa Fruit 1 <u>Breakfast</u>	Garlic Toast Fruit 26 Breakfast Chicken Biscuit Lunch Chicken Sandwich or Spaghetti Side Salad Garlic Bread Fruit 2 Breakfast	Egg Roll Fruit 27 <u>Breakfast</u> Pop Tarts <u>Lunch</u> Com Dog or Orange Chicken Fried Rice Carrots Egg Roll Fruit 3 <u>Breakfast</u>	Side Salad Chips Fruit 28 <u>Breakfast</u> Pancakes <u>Lunch</u> Pizza or BBQ Pork Baked Beans Breaded Okra SC Grown Cole Slaw Texas Toast Cool Rips Slushy 4 <u>Breakfast</u>
CONOMICS CON	Breakfast Cinnamon Roll Lunch Cheeseburger or Baked Chicken Mashed Potatoes w/ Gravy SC Grown Collard Greens Yeast Roll Fruit	Pinto Beans Fruit 25 Yogurt w/ Graham Crackers <u>Lunch</u> Chicken Nuggets or Beef Burrito Southwestern Com Chips & Salsa Fruit	Garlic Toast Fruit 26 Breakfast Chicken Biscuit Lunch Chicken Sandwich or Spaghetti Side Salad Garlic Bread Fruit	Egg Roll Fruit 27 <u>Breakfast</u> Pop Tarts <u>Lunch</u> Com Dog or Orange Chicken Fried Rice Carrots Egg Roll Fruit 3	Side Salad Chips Fruit 28 <u>Breakfast</u> Pancakes <u>Lunch</u> Pizza or BBQ Pork Baked Beans Breaded Okra SC Grown Cole Slaw Texas Toast Cool Rips Slushy 4
UNCH ECONOMICS One More Thing To Do Each Morning Spending Just 10-15 minutes resping lunches = 30 - 40 hours resping lunches = 30 - 40 hours per school year	Breakfast Cinnamon Roll Lunch Cheeseburger or Baked Chicken Mashed Potatoes w/ Gravy SC Grown Collard Greens Yeast Roll Fruit 31 Breakfast	Pinto Beans Fruit 25 Yogurt w/ Graham Crackers <u>Lunch</u> Chicken Nuggets or Beef Burrito Southwestern Corn Chips & Salsa Fruit 1 <u>Breakfast</u>	Garlic Toast Fruit 26 Breakfast Chicken Biscuit Lunch Chicken Sandwich or Spaghetti Side Salad Garlic Bread Fruit 2 Breakfast	Egg Roll Fruit 27 <u>Breakfast</u> Pop Tarts <u>Lunch</u> Com Dog or Orange Chicken Fried Rice Carrots Egg Roll Fruit 3 <u>Breakfast</u>	Side Salad Chips Fruit 28 <u>Breakfast</u> Pancakes <u>Lunch</u> Pizza or BBQ Pork Baked Beans Breaded Okra SC Grown Cole Slaw Texas Toast Cool Rips Slushy 4 <u>Breakfast</u>
CONOMICS CON	Breakfast Cinnamon Roll Lunch Cheeseburger or Baked Chicken Mashed Potatoes w/ Gravy SC Grown Collard Greens Yeast Roll Fruit 31 Breakfast Muffin & Cheese Stick	Pinto Beans Fruit 25 Yogurt w/ Graham Crackers <u>Lunch</u> Chicken Nuggets or Beef Burrito Southwestern Corn Chips & Salsa Fruit 1 <u>Breakfast</u>	Garlic Toast Fruit 26 Breakfast Chicken Biscuit Lunch Chicken Sandwich or Spaghetti Side Salad Garlic Bread Fruit 2 Breakfast	Egg Roll Fruit 27 <u>Breakfast</u> Pop Tarts <u>Lunch</u> Com Dog or Orange Chicken Fried Rice Carrots Egg Roll Fruit 3 <u>Breakfast</u>	Side Salad Chips Fruit 28 <u>Breakfast</u> Pancakes <u>Lunch</u> Pizza or BBQ Pork Baked Beans Breaded Okra SC Grown Cole Slaw Texas Toast Cool Rips Slushy 4 <u>Breakfast</u>
DINCH ECONOMICS CONO CONOMICS CONOMICS CONOMICS CONOMICS CONOMICS CONOMICS	Breakfast Cinnamon Roll Lunch Cheeseburger or Baked Chicken Mashed Potatoes w/ Gravy SC Grown Collard Greens Yeast Roll Fruit 31 Breakfast Muffin & Cheese Stick Lunch	Pinto Beans Fruit 25 <u>Breakfast</u> Yogurt w/ Graham Crackers <u>Lunch</u> Chicken Nuggets or Beef Burrito Southwestern Corn Chips & Salsa Fruit 1 <u>Breakfast</u> Chicken Biscuit <u>Lunch</u>	Garlic Toast Fruit 26 Breakfast Chicken Biscuit Lunch Chicken Sandwich or Spaghetti Side Salad Garlic Bread Fruit 2 Breakfast Waffle Lunch	Egg Roll Fruit 27 <u>Breakfast</u> Pop Tarts <u>Lunch</u> Com Dog or Orange Chicken Fried Rice Carrots Egg Roll Fruit 3 <u>Breakfast</u> Pop Tarts <u>Lunch</u>	Side Salad Chips Fruit 28 <u>Breakfast</u> Pancakes <u>Lunch</u> Pizza or BBQ Pork Baked Beans Breaded Okra SC Grown Cole Slaw Texas Toast Cool Rips Slushy 4 <u>Breakfast</u> Breakfast Pizza <u>Lunch</u>
LONOMICS ECONOMICS CONOM	Breakfast Cinnamon Roll Lunch Cheeseburger or Baked Chicken Mashed Potatoes w/ Gravy SC Grown Collard Greens Yeast Roll Fruit 31 Breakfast Muffin & Cheese Stick Lunch Cheeseburger or	Pinto Beans Fruit 25 <u>Breakfast</u> Yogurt w/ Graham Crackers <u>Lunch</u> Chicken Nuggets or Beef Burrito Southwestern Com Chips & Salsa Fruit 1 <u>Breakfast</u> Chicken Biscuit <u>Lunch</u> Chicken Nuggets or	Garlic Toast Fruit 26 Breakfast Chicken Biscuit Lunch Chicken Sandwich or Spaghetti Side Salad Garlic Bread Fruit 2 Breakfast Waffle Lunch Chicken Sandwich or	Egg Roll Fruit 27 Breakfast Pop Tarts Lunch Com Dog or Orange Chicken Fried Rice Carrots Egg Roll Fruit 3 Breakfast Pop Tarts Lunch Com Dog or	Side Salad Chips Fruit 28 Breakfast Pancakes Lunch Pizza or BBQ Pork Baked Beans Breaded Okra SC Grown Cole Slaw Texas Toast Cool Rips Slushy 4 Breakfast Pizza Lunch Pizza or
CONOMICS CON	Breakfast Cinnamon Roll Lunch Cheeseburger or Baked Chicken Mashed Potatoes w/ Gravy SC Grown Collard Greens Yeast Roll Fruit 31 Breakfast Muffin & Cheese Stick Lunch Cheeseburger or Meatloaf	Pinto Beans Fruit 25 <u>Breakfast</u> Yogurt w/ Graham Crackers <u>Lunch</u> Chicken Nuggets or Beef Burrito Southwestern Corn Chips & Salsa Fruit 1 <u>Breakfast</u> Chicken Biscuit <u>Lunch</u> Chicken Nuggets or Beef Nachos	Garlic Toast Fruit 26 Breakfast Chicken Biscuit Lunch Chicken Sandwich or Spaghetti Side Salad Garlic Bread Fruit 2 Breakfast Waffle Lunch Chicken Sandwich or Lemon Pepper Chicken	Egg Roll Fruit 27 Breakfast Pop Tarts Lunch Corn Dog or Orange Chicken Fried Rice Carrots Egg Roll Fruit 3 Breakfast Pop Tarts Lunch Corn Dog or Teriyaki Chicken	Side Salad Chips Fruit 28 Breakfast Pancakes Lunch Pizza or BBQ Pork Baked Beans Breaded Okra SC Grown Cole Slaw Texas Toast Cool Rips Slushy 4 Breakfast Pizza Lunch Pizza or Loaded Baked Potato
CONOMICS ECONOMICS CO	Breakfast Cinnamon Roll Lunch Cheeseburger or Baked Chicken Mashed Potatoes w/ Gravy SC Grown Collard Greens Yeast Roll Fruit 31 Breakfast Muffin & Cheese Stick Lunch Cheeseburger or Meatloaf Mashed Potatoes w/ Gravy	Pinto Beans Fruit 25 <u>Breakfast</u> Yogurt w/ Graham Crackers <u>Lunch</u> Chicken Nuggets or Beef Burrito Southwestern Corn Chips & Salsa Fruit 1 <u>Breakfast</u> Chicken Biscuit <u>Lunch</u> Chicken Nuggets or Beef Nachos Salsa, Lettuce, Tomatoes	Garlic Toast Fruit 26 Breakfast Chicken Biscuit Lunch Chicken Sandwich or Spaghetti Side Salad Garlic Bread Fruit 2 Breakfast Waffle Lunch Chicken Sandwich or Lemon Pepper Chicken Macaroni & Cheese	Egg Roll Fruit 27 Breakfast Pop Tarts Lunch Corn Dog or Orange Chicken Fried Rice Carrots Egg Roll Fruit 3 Breakfast Pop Tarts Lunch Corn Dog or Teriyaki Chicken Fried Rice	Side Salad Chips Fruit 28 Breakfast Pancakes Lunch Pizza or BBQ Pork Baked Beans Breaded Okra SC Grown Cole Slaw Texas Toast Cool Rips Slushy 4 Breakfast Pizza Lunch Pizza or Loaded Baked Potato Cheese, Sour Cream
LONOMICS ECONOMICS CO	Breakfast Cinnamon Roll Lunch Cheeseburger or Baked Chicken Mashed Potatoes w/ Gravy SC Grown Collard Greens Yeast Roll Fruit 31 Breakfast Muffin & Cheese Stick Lunch Cheeseburger or Meatloaf Mashed Potatoes w/ Gravy SC Grown Cabbage	Pinto Beans Fruit 25 <u>Breakfast</u> Yogurt w/ Graham Crackers <u>Lunch</u> Chicken Nuggets or Beef Burrito Southwestern Corn Chips & Salsa Fruit 1 <u>Breakfast</u> Chicken Biscuit <u>Lunch</u> Chicken Nuggets or Beef Nachos Salsa, Lettuce, Tomatoes Black Beans	Garlic Toast Fruit 26 Breakfast Chicken Biscuit Lunch Chicken Sandwich or Spaghetti Side Salad Garlic Bread Fruit 2 Breakfast Waffle Lunch Chicken Sandwich or Lemon Pepper Chicken	Egg Roll Fruit 27 Breakfast Pop Tarts Lunch Corn Dog or Orange Chicken Fried Rice Carrots Egg Roll Fruit 3 Breakfast Pop Tarts Lunch Corn Dog or Teriyaki Chicken Fried Rice Broccoli	Side Salad Chips Fruit 28 Breakfast Pancakes Lunch Pizza or BBQ Pork Baked Beans Breaded Okra SC Grown Cole Slaw Texas Toast Cool Rips Slushy 4 Breakfast Breakfast Pizza Lunch Pizza or Loaded Baked Potato Cheese, Sour Cream Bacon, Chili
CONDICS ECONOMICS ECONOMICS CONOM	Breakfast Cinnamon Roll Lunch Cheeseburger or Baked Chicken Mashed Potatoes w/ Gravy SC Grown Collard Greens Yeast Roll Fruit 31 Breakfast Muffin & Cheese Stick Lunch Cheeseburger or Meatloaf Mashed Potatoes w/ Gravy SC Grown Cabbage Yeast Roll	Pinto Beans Fruit 25 <u>Breakfast</u> Yogurt w/ Graham Crackers <u>Lunch</u> Chicken Nuggets or Beef Burrito Southwestern Corn Chips & Salsa Fruit 1 <u>Breakfast</u> Chicken Biscuit <u>Lunch</u> Chicken Nuggets or Beef Nachos Salsa, Lettuce, Tomatoes Black Beans Southwestern Corn	Garlic Toast Fruit 26 Breakfast Chicken Biscuit Lunch Chicken Sandwich or Spaghetti Side Salad Garlic Bread Fruit 2 Breakfast Waffle Lunch Chicken Sandwich or Lemon Pepper Chicken Macaroni & Cheese	Egg Roll Fruit 27 Breakfast Pop Tarts Lunch Corn Dog or Orange Chicken Fried Rice Carrots Egg Roll Fruit 3 Breakfast Pop Tarts Lunch Corn Dog or Teriyaki Chicken Fried Rice Broccoli Egg Roll	Side Salad Chips Fruit 28 Breakfast Pancakes Lunch Pizza or BBQ Pork Baked Beans Breaded Okra SC Grown Cole Slaw Texas Toast Cool Rips Slushy 4 Breakfast Pizza Breakfast Pizza Lunch Pizza or Loaded Baked Potato Cheese, Sour Cream Bacon, Chili Side Salad
LONOMICS ECONOMICS CO	Breakfast Cinnamon Roll Lunch Cheeseburger or Baked Chicken Mashed Potatoes w/ Gravy SC Grown Collard Greens Yeast Roll Fruit 31 Breakfast Muffin & Cheese Stick Lunch Cheeseburger or Meatloaf Mashed Potatoes w/ Gravy SC Grown Cabbage	Pinto Beans Fruit 25 <u>Breakfast</u> Yogurt w/ Graham Crackers <u>Lunch</u> Chicken Nuggets or Beef Burrito Southwestern Corn Chips & Salsa Fruit 1 <u>Breakfast</u> Chicken Biscuit <u>Lunch</u> Chicken Nuggets or Beef Nachos Salsa, Lettuce, Tomatoes Black Beans	Garlic Toast Fruit 26 Breakfast Chicken Biscuit Lunch Chicken Sandwich or Spaghetti Side Salad Garlic Bread Fruit 2 Breakfast Waffle Lunch Chicken Sandwich or Lemon Pepper Chicken Macaroni & Cheese Green Peas Yeast Roll	Egg Roll Fruit 27 Breakfast Pop Tarts Lunch Corn Dog or Orange Chicken Fried Rice Carrots Egg Roll Fruit 3 Breakfast Pop Tarts Lunch Corn Dog or Teriyaki Chicken Fried Rice Broccoli	Side Salad Chips Fruit 28 Breakfast Pancakes Lunch Pizza or BBQ Pork Baked Beans Breaded Okra SC Grown Cole Slaw Texas Toast Cool Rips Slushy 4 Breakfast Breakfast Breakfast Pizza Lunch Pizza or Loaded Baked Potato Cheese, Sour Cream Bacon, Chili
To Do Each Morning Spending just 10 - 15 minutes repping lunches = 30 - 40 hours per school year Studies Show Lunches packed at home contained more sweetened beverages, snack chips, desserts, and refined grains Journal Numion & Dieteis - 11/2018 Provides: More Calories More Calories More Saturated Fat More Saturated Fat More Saturated Fat More Saturated	Breakfast Cinnamon Roll Lunch Cheeseburger or Baked Chicken Mashed Potatoes w/ Gravy SC Grown Collard Greens Yeast Roll Fruit 31 Breakfast Muffin & Cheese Stick Lunch Cheeseburger or Meatloaf Mashed Potatoes w/ Gravy SC Grown Cabbage Yeast Roll	Pinto Beans Fruit 25 <u>Breakfast</u> Yogurt w/ Graham Crackers <u>Lunch</u> Chicken Nuggets or Beef Burrito Southwestern Corn Chips & Salsa Fruit 1 <u>Breakfast</u> Chicken Biscuit <u>Lunch</u> Chicken Nuggets or Beef Nachos Salsa, Lettuce, Tomatoes Black Beans Southwestern Corn	Garlic Toast Fruit 26 Breakfast Chicken Biscuit Lunch Chicken Sandwich or Spaghetti Side Salad Garlic Bread Fruit 2 Breakfast Waffle Lunch Chicken Sandwich or Lemon Pepper Chicken Macaroni & Cheese Green Peas	Egg Roll Fruit 27 Breakfast Pop Tarts Lunch Corn Dog or Orange Chicken Fried Rice Carrots Egg Roll Fruit 3 Breakfast Pop Tarts Lunch Corn Dog or Teriyaki Chicken Fried Rice Broccoli Egg Roll	Side Salad Chips Fruit 28 Breakfast Pancakes Lunch Pizza or BBQ Pork Baked Beans Breaded Okra SC Grown Cole Slaw Texas Toast Cool Rips Slushy 4 Breakfast Pizza Breakfast Pizza Lunch Pizza or Loaded Baked Potato Cheese, Sour Cream Bacon, Chili Side Salad
CONDICS ECONOMICS ECONOMICS CONOM	Breakfast Cinnamon Roll Lunch Cheeseburger or Baked Chicken Mashed Potatoes w/ Gravy SC Grown Collard Greens Yeast Roll Fruit 31 Breakfast Muffin & Cheese Stick Lunch Cheeseburger or Meatloaf Mashed Potatoes w/ Gravy SC Grown Cabbage Yeast Roll	Pinto Beans Fruit 25 <u>Breakfast</u> Yogurt w/ Graham Crackers <u>Lunch</u> Chicken Nuggets or Beef Burrito Southwestern Corn Chips & Salsa Fruit 1 <u>Breakfast</u> Chicken Biscuit <u>Lunch</u> Chicken Nuggets or Beef Nachos Salsa, Lettuce, Tomatoes Black Beans Southwestern Corn	Garlic Toast Fruit 26 Breakfast Chicken Biscuit Lunch Chicken Sandwich or Spaghetti Side Salad Garlic Bread Fruit 2 Breakfast Waffle Lunch Chicken Sandwich or Lemon Pepper Chicken Macaroni & Cheese Green Peas Yeast Roll	Egg Roll Fruit 27 Breakfast Pop Tarts Lunch Corn Dog or Orange Chicken Fried Rice Carrots Egg Roll Fruit 3 Breakfast Pop Tarts Lunch Corn Dog or Teriyaki Chicken Fried Rice Broccoli Egg Roll	Side Salad Chips Fruit 28 Breakfast Pancakes Lunch Pizza or BBQ Pork Baked Beans Breaded Okra SC Grown Cole Slaw Texas Toast Cool Rips Slushy 4 Breakfast Pizza Breakfast Pizza Lunch Pizza or Loaded Baked Potato Cheese, Sour Cream Bacon, Chili Side Salad