JANUARY

Greenwood School District 50
Rice Elementary 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

created by Jeanne Reilly, NDTR, SNS

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 Nov/Dec 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 Nov/Dec 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**
Breakfast Muffin & Cheese Stick **Lunch** Grilled Cheese or Ham & Cheese Sandwich Vegetable Soup Chips Fruit	**Breakfast** Chicken Biscuit **Lunch** Burrito or Yogurt Plate Mexican Rice Pinto Beans Fruit	**Breakfast** Waffle **Lunch** Cheese Bites w/ Marinara or Chicken Salad on Lettuce Parmesan Noodles Broccoli Fruit	**Breakfast** Cereal **Lunch** Baked Chicken or Yogurt Plate Rice & Gravy SC Grown Butternut Squash Yeast Roll Fruit	**Breakfast** Breakfast Pizza **Lunch** Hot Dog w/ Chili or Chef Salad French Fries Baked Beans Fruit
17	**18**	**19**	**20**	**21**
	Breakfast Sausage Biscuit **Lunch** Crunchy Beef Tacos or Yogurt Plate Mexican Rice Pinto Beans Fruit	**Breakfast** Pancakes **Lunch** Pizza or Chicken Salad on Lettuce Corn Fruit	**Breakfast** Cereal **Lunch** Orange Chicken or Yogurt Plate Fried Rice Carrots Egg Roll Fruit	**Breakfast** Muffin **Lunch** Chicken Sandwich or Chef Salad Chips Cucumbers w/ Dip Fruit
24	**25**	**26**	**27**	**28**
Breakfast Cinnamon Roll **Lunch** Chicken Poppers or Ham & Cheese Sandwich Mashed Potatoes w/ Gravy SC Grown Collard Greens Yeast Roll Fruit	**Breakfast** Bacon, Egg & Cheese Biscuit **Lunch** Spaghetti or Yogurt Plate Steamed Zucchini Garlic Bread Fruit	**Breakfast** Lemon Loaf **Lunch** Pizza or Chicken Salad on Lettuce Corn Fruit	**Breakfast** Cereal **Lunch** Orange Chicken or Yogurt Plate Fried Rice Carrots Egg Roll Fruit	**Breakfast** Doughnuts **Lunch** Cheeseburger or Chef Salad French Fries SC Grown Cole Slaw Cool Rips Slushy
31	**1**	**2**	**3**	**4**
Breakfast Muffin & Cheese Stick **Lunch** Grilled Cheese or Turkey & Cheese Sandwich Vegetable Soup Chips Fruit	**Breakfast** Chicken Biscuit **Lunch** Soft Beef Tacos or Yogurt Plate Mexican Rice Pinto Beans Fruit	**Breakfast** Waffle **Lunch** Cheese Bites w/ Marinara or Chicken Salad on Lettuce Parmesan Noodles Broccoli Fruit	**Breakfast** Cereal **Lunch** Baked Chicken or Yogurt Plate SC Grown Butternut Squash Rice & Gravy Yeast Roll Fruit	**Breakfast** Breakfast Pizza **Lunch** Hot Dog w/ Chili or Chef Salad French Fries Baked Beans Fruit