



## Brewer Middle School Lunch 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
28 <b>Breakfast</b> Muffin w/ Yogurt  <b>Lunch</b> Hamburger Steak w/ onions Mashed Potatoes w/ Gravy Broccoli & Cheese Yeast Roll Fruit	29 <b>Breakfast</b> Grits w/ Sausage  <b>Lunch</b> Orange Chicken LoMein Noodles Steamed Vegetables Egg Roll Fruit	30 <b>Breakfast</b> Eggs, Bacon & Breakfast Potatoes  <b>Lunch</b> Buffalo Wings Celery & Carrots w/ Dip French Fries Yeast Roll Fruit	31 <b>Happy Halloween</b> <b>Breakfast</b> Grits w/ Bacon  <b>Lunch</b> Cheese Ravioli w/ Marinara Fresh Zucchini Garlic Bread Cool Rips Fruit Slushy	1 <b>Breakfast</b> Sausage Biscuit  <b>Lunch</b> BBQ Chicken Baked Beans Corn Breaded Okra Yeast Roll Fruit
4 <b>Breakfast</b> Doughnut Holes  <b>Lunch</b> Grilled Cheese Vegetable Soup Fresh Veggies w/ Dip Fruit	5 <b>Breakfast</b> Grits w/ Sausage  <b>Lunch</b> General Tso's Chicken Fried Rice Carrots Egg Roll Fruit	6 <b>Breakfast</b> Strawberry Pancakes  <b>Lunch</b> Chicken & Dumplings Butternut Squash Sautéed Greens Yeast Roll Fruit	7 <b>Breakfast</b> Grits w/ Bacon  <b>Lunch</b> Stir Fry Pork Steamed Rice Cabbage Egg Roll Fruit	8 <b>Breakfast</b> French Toast Sticks  <b>Lunch</b> Hawaiian Chicken Rice Pilaf Green Beans Yeast Roll Fruit
11 <b>Breakfast</b> Chicken Biscuit  <b>Lunch</b> Country Style Steak Mashed Potatoes w/ Gravy Turnip Greens Yeast Roll Fruit	12 <b>Breakfast</b> Grits w/ Sausage  <b>Lunch</b> BBQ Chicken Corn Baked Beans Breaded Okra Dinner Roll Fruit	13 <b>Early Release Day</b> <b>Breakfast</b> Pancake Pups  <b>Lunch</b> Steak & Cheese Sub Chips Fruit	14 <b>Breakfast</b> Grits w/ Bacon  <b>Lunch</b> Loaded Potato Bar Broccoli & Cheese Bread Stick Fruit	15 <b>Breakfast</b> Sausage Biscuit  <b>Lunch</b> Cheese Ravioli w/ Marinara Side Salad Garlic Toast Cool Rips Fruit Slushy
18 <b>Breakfast</b> Muffin w/ Yogurt  <b>Lunch</b> Oven Fried Chicken Hash Brown Casserole Broccoli Salad Yeast Roll Fruit	19 <b>Breakfast</b> Grits w/ Sausage  <b>Lunch</b> Teriyaki Wings Fried Rice Carrots Egg Roll Fruit	20 <b>District 50 Family Thanksgiving</b> <b>Breakfast</b> Breakfast Pizza  <b>Lunch</b> Turkey w/ Gravy Dressing Sweet Potato Casserole Green Beans Yeast Roll Fruit	21 <b>Breakfast</b> Grits w/ Bacon  <b>Lunch</b> Meatloaf Garlic Mashed Potatoes Peas & Carrots Yeast Roll Fruit	22 <b>Breakfast</b> Biscuits w/ Gravy  <b>Lunch</b> Build Your Own Nachos Mexican Rice Black Beans Fruit
25 <b>Breakfast</b> Muffin w/ Yogurt  <b>Lunch</b> Hamburger Steak w/ onions Mashed Potatoes w/ Gravy Broccoli & Cheese Yeast Roll Fruit	26 <b>Breakfast</b> Grits w/ Sausage  <b>Lunch</b> BBQ Chicken Corn Baked Beans Breaded Okra Dinner Roll Fruit	27 <b>No School</b>	28 <b>HAPPY</b>  <b>THANKSGIVING</b>	29 <b>DID YOU KNOW?</b> All enrolled students in GWD50 receive one breakfast and one lunch each day at no cost! Please come and join us each day for a delicious meal! Thank you and we look forward to seeing you!

### BREAKFAST CHANGES LIVES

HOW?

KIDS WHO EAT SCHOOL BREAKFAST...

MISS LESS SCHOOL



They attend an average of 1.5 more days per year

DO BETTER IN MATH:



They average 17.5% higher math test scores

MORE ATTENDANCE + HIGHER MATH SCORES =

20% more likely to graduate high school



AND KIDS WHO EAT BREAKFAST REAP THE BENEFITS AS ADULTS, TOO:



High school graduates on average earn \$10,000 more annually



Less likely to experience HUNGER as adults



BUT HERE'S THE PROBLEM

NOT ENOUGH KIDS ARE EATING SCHOOL BREAKFAST.

21 MILLION

U.S. kids get free or reduced-price school lunch



Only 1/2 of those kids get breakfast, even though they're eligible



Too many kids are showing up to school hungry. And hungry kids can't learn.

BREAKFAST CAN CHANGE THEIR LIVES

No Kid Hungry starts with breakfast

Learn how you can help at [NoKidHungry.org/Breakfast](http://NoKidHungry.org/Breakfast)



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