



Greenwood School District 50

2019 K-5 Breakfast 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 four items to be offered to all students at breakfast:
 - Two servings of Grains, Fruit or Vegetable, and Milk. A meat may be substituted for a grain after the daily minimum grain serving is met.
- ✓ 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 breakfast.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Muffin & Yogurt Or Assorted Cereal, Pop Tart, Fresh Fruit, or 100% Fruit Juice	29 Grits w/ Sausage Or Assorted Cereal, Pop Tart, Fresh Fruit, or 100% Fruit Juice	30 Eggs, Bacon & Breakfast Potatoes Or Assorted Cereal, Pop Tart, Fresh Fruit, or 100% Fruit Juice	31 Happy Halloween Grits w/ Bacon Or Assorted Cereal, Pop Tart, Fresh Fruit, or 100% Fruit Juice	1 Sausage Biscuit Or Assorted Cereal, Pop Tart, Fresh Fruit, or 100% Fruit Juice
4 Doughnut Holes Or Assorted Cereal, Pop Tart, Fresh Fruit, or 100% Fruit Juice	5 Grits w/ Sausage Or Assorted Cereal, Pop Tart, Fresh Fruit, or 100% Fruit Juice	6 Strawberry Pancakes Or Assorted Cereal, Pop Tart, Fresh Fruit, or 100% Fruit Juice	7 Grits w/ Bacon Or Assorted Cereal, Pop Tart, Fresh Fruit, or 100% Fruit Juice	8 French Toast Sticks Or Assorted Cereal, Pop Tart, Fresh Fruit, or 100% Fruit Juice
11 Chicken Biscuit Or Assorted Cereal, Pop Tart, Fresh Fruit, or 100% Fruit Juice	12 Grits w/ Sausage Or Assorted Cereal, Pop Tart, Fresh Fruit, or 100% Fruit Juice	13 Early Release Day	14 Grits w/ Bacon Or Assorted Cereal, Pop Tart, Fresh Fruit, or 100% Fruit Juice	15 Sausage Biscuit Or Assorted Cereal, Pop Tart, Fresh Fruit, or 100% Fruit Juice
18 Cinnamon Roll Or Assorted Cereal, Pop Tart, Fresh Fruit, or 100% Fruit Juice	19 Grits w/ Sausage Or Assorted Cereal, Pop Tart, Fresh Fruit, or 100% Fruit Juice	20 Breakfast Pizza Or Assorted Cereal, Pop Tart, Fresh Fruit, or 100% Fruit Juice	21 Grits w/ Bacon Or Assorted Cereal, Pop Tart, Fresh Fruit, or 100% Fruit Juice	22 Biscuit w/ Gravy Or Assorted Cereal, Pop Tart, Fresh Fruit, or 100% Fruit Juice
25 Muffin & Yogurt Or Assorted Cereal, Pop Tart, Fresh Fruit, or 100% Fruit Juice	26 Grits w/ Sausage Or Assorted Cereal, Pop Tart, Fresh Fruit, or 100% Fruit Juice	27 No School	28 HAPPY THANKSGIVING	29 DID YOU KNOW? 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