

Merrywood Elementary

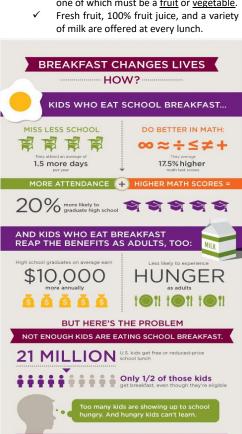
2019 K-5 Lunch Menu

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 <u>three</u> items, one of which must be a <u>fruit</u> or <u>vegetable</u>.



BREAKFAST CAN CHANGE THEIR LIVES

No Kid Hungry starts with breakfast

Learn how you can help at NokidHungry.org/Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1
Chicken Sandwich Or Turkey & Cheese Lunchable French Fries Cucumbers w/ Dip Fruit	Teriyaki Wings Or Ham & Cheese on Brioche Fried Rice Carrots Egg Roll Cool Rips Fruit Slush	Pizza Or Yogurt Plate Salad Bar Corn Fruit	Happy Halloween Bat Shaped Chicken Nuggets Or Grilled Cheese Salad Bar Parmesan Noodles Fruit	Oven Fried Chicken Or Grilled Chicken Sandwich Mashed Potatoes w/ Gravy Black Eyed Peas Yeast Roll Fruit
4	5	6	7	8
Hot Dog w/ Chili Or Turkey & Cheese Lunchable Baked Beans Corn Fresh Veggies w/ Dip Fruit	Scrambled Eggs & Bacon Or Ham & Cheese on Brioche Pancakes Orange Juice Fruit	Cheesy Chicken Pasta Or Yogurt Plate Broccoli Salad Bar Yeast Roll Cool Rips Fruit Slush	Pizza Or Grilled Cheese Salad Bar Sweet Potato Fries Fruit	Chicken Quesadilla Or Grilled Chicken Sandwich Chips & Salsa Pinto Beans Fruit
11	12	13	14	15
BBQ Chicken Or Turkey & Cheese Lunchable French Fries Cole Slaw Fresh Veggies w/ Dip Cool Rips Fruit Slush	Orange Chicken Or Ham & Cheese on Brioche LoMein Noodles Steamed Vegetables Egg Roll Fruit	Early Release Day Steak & Cheese Sub Chips Fruit	Corn Dog Or Grilled Cheese Salad Bar Corn on the Cob Fruit	Chicken Nuggets Or Grilled Chicken Sandwich Macaroni & Cheese Green Beans Yeast Roll Fruit
18	19	20 District 50 Thanksgiving	21	22 Reading Celebration
Cheeseburger Or Turkey & Cheese Lunchable French Fries Corn Celery Sticks w/ Dip Fruit	Cheese Ravioli Or Ham & Cheese on Brioche Fresh Squash Lima Beans Garlic Bread Fruit	Oven Roasted Turkey Dressing w/ Gravy Sweet Potato Casserole Green Beans Yeast Roll Fruit	Pizza Or Grilled Cheese Salad Bar Sweet Potato Fries Cool Rips Fruit Slush	Bag Lunch – BBQ Pork on Brioche Chips Cookie Juice
25	26	27	28	29
Chicken Sandwich Or Turkey & Cheese Lunchable French Fries Cucumbers w/ Dip Fruit	Teriyaki Wings Or Ham & Cheese on Brioche Fried Rice Carrots Egg Roll Cool Rips Fruit Slush	No School	HARPY	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!