



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 **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 Chicken Sandwich Or Turkey & Cheese Lunchable French Fries Cucumbers w/ Dip Fruit	29 Teriyaki Wings Or Ham & Cheese on Brioche Fried Rice Carrots Egg Roll Cool Rips Fruit Slush	30 Pizza Or Yogurt Plate Salad Bar Corn Fruit	31 Happy Halloween Bat Shaped Chicken Nuggets Or Grilled Cheese Salad Bar Parmesan Noodles Fruit	1 Oven Fried Chicken Or Grilled Chicken Sandwich Mashed Potatoes w/ Gravy Black Eyed Peas Yeast Roll Fruit
4 Hot Dog w/ Chili Or Turkey & Cheese Lunchable Baked Beans Corn Fresh Veggies w/ Dip Fruit	5 Scrambled Eggs & Bacon Or Ham & Cheese on Brioche Pancakes Orange Juice Fruit	6 Cheesy Chicken Pasta Or Yogurt Plate Broccoli Salad Bar Yeast Roll Cool Rips Fruit Slush	7 Pizza Or Grilled Cheese Salad Bar Sweet Potato Fries Fruit	8 Chicken Quesadilla Or Grilled Chicken Sandwich Chips & Salsa Pinto Beans Fruit
11 BBQ Chicken Or Turkey & Cheese Lunchable French Fries Cole Slaw Fresh Veggies w/ Dip Cool Rips Fruit Slush	12 Orange Chicken Or Ham & Cheese on Brioche LoMein Noodles Steamed Vegetables Egg Roll Fruit	13 Early Release Day Steak & Cheese Sub Chips Fruit	14 Corn Dog Or Grilled Cheese Salad Bar Corn on the Cob Fruit	15 Chicken Nuggets Or Grilled Chicken Sandwich Macaroni & Cheese Green Beans Yeast Roll Fruit
18 Cheeseburger Or Turkey & Cheese Lunchable French Fries Corn Celery Sticks w/ Dip Fruit	19 Cheese Ravioli Or Ham & Cheese on Brioche Fresh Squash Lima Beans Garlic Bread Fruit	20 District 50 Thanksgiving Oven Roasted Turkey Dressing w/ Gravy Sweet Potato Casserole Green Beans Yeast Roll Fruit	21 Pizza Or Grilled Cheese Salad Bar Sweet Potato Fries Cool Rips Fruit Slush	22 Reading Celebration Bag Lunch – BBQ Pork on Brioche Chips Cookie Juice
25 Chicken Sandwich Or Turkey & Cheese Lunchable French Fries Cucumbers w/ Dip Fruit	26 Teriyaki Wings Or Ham & Cheese on Brioche Fried Rice Carrots Egg Roll Cool Rips Fruit Slush	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 score 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

