



Middle & High 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 Breakfast Muffin w/ Yogurt Lunch Hamburger Steak w/ onions Mashed Potatoes w/ Gravy Broccoli & Cheese Yeast Roll Fruit	29 Breakfast Grits w/ Sausage Lunch Orange Chicken LoMein Noodles Steamed Vegetables Egg Roll Fruit	30 Breakfast Eggs, Bacon & Breakfast Potatoes Lunch Buffalo Wings Celery & Carrots w/ Dip French Fries Yeast Roll Fruit	31 Happy Halloween Breakfast Grits w/ Bacon Lunch Stuffed Shells w/ Marinara Fresh Zucchini Garlic Bread Cool Rips Fruit Slushy	1 Breakfast Sausage Biscuit Lunch BBQ Chicken Baked Beans Corn Breaded Okra Yeast Roll Fruit
4 Breakfast Doughnut Holes Lunch Grilled Cheese Vegetable Soup Fresh Veggies w/ Dip Fruit	5 Breakfast Grits w/ Sausage Lunch General Tso's Chicken Fried Rice Carrots Egg Roll Fruit	6 Breakfast Strawberry Pancakes Lunch Chicken & Dumplings Butternut Squash Sautéed Greens Yeast Roll Fruit	7 Breakfast Grits w/ Bacon Lunch Stir Fry Pork Steamed Rice Cabbage Egg Roll Fruit	8 Breakfast French Toast Sticks Lunch Hawaiian Chicken Rice Pilaf Green Beans Yeast Roll Fruit
11 Breakfast Chicken Biscuit Lunch Country Style Steak Mashed Potatoes w/ Gravy Turnip Greens Yeast Roll Fruit	12 Breakfast Grits w/ Sausage Lunch Orange Chicken LoMein Noodles Steamed Vegetables Egg Roll Fruit	13 Early Release Day Breakfast Pancake Pups Lunch Steak & Cheese Sub Chips Fruit	14 Breakfast Grits w/ Bacon Lunch Loaded Potato Bar Broccoli & Cheese Bread Stick Fruit	15 Breakfast Sausage Biscuit Lunch Spaghetti w/ Meat Sauce Side Salad Garlic Toast Cool Rips Fruit Slushy
18 Breakfast Muffin w/ Yogurt Lunch Oven Fried Chicken Hash Brown Casserole Broccoli Salad Yeast Roll Fruit	19 Breakfast Grits w/ Sausage Lunch Teriyaki Wings Fried Rice Carrots Egg Roll Fruit	20 District 50 Family Thanksgiving Breakfast Breakfast Pizza Lunch Turkey w/ Gravy Dressing Sweet Potato Casserole Green Beans Yeast Roll Fruit	21 Breakfast Grits w/ Bacon Lunch Meatloaf Garlic Mashed Potatoes Peas & Carrots Yeast Roll Fruit	22 Breakfast Biscuits w/ Gravy Lunch Seafood Basket – Popcorn Shrimp & Fish Sticks Hushpuppies Cabbage Fruit
25 Breakfast Muffin w/ Yogurt Lunch Hamburger Steak w/ onions Mashed Potatoes w/ Gravy Broccoli & Cheese Yeast Roll Fruit	26 Breakfast Grits w/ Sausage Lunch Orange Chicken LoMein Noodles Steamed Vegetables Egg Roll Fruit	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

Learn how you can help at NoKidHungry.org/Breakfast



Deloitte

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