



Greenwood School District 50 Middle & High School 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.

SCHOOL LUNCH
VERSUS
BAG LUNCH
NUTRITION & ECONOMICS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
| 1 <u>Breakfast</u> Cinnamon Roll <u>Lunch</u> Baked Chicken Mashed Potatoes w/ Gravy SC Grown Collard Greens Fruit | 2 <u>Breakfast</u> Yogurt w/ Graham Crackers <u>Lunch</u> Beef Burrito Southwestern Corn Chips & Salsa Fruit | 3 <u>Breakfast</u> Chicken Biscuit <u>Lunch</u> Spaghetti Side Salad Garlic Bread Fruit | 4 <u>Breakfast</u> Grits w/ Bacon <u>Lunch</u> Orange Chicken Fried Rice Carrots Egg Roll Fruit | 5 <u>Breakfast</u> Pancakes <u>Lunch</u> BBQ Pork Baked Beans Breaded Okra SC Grown Cole Slaw Texas Toast Cool Rips Slushy |
| 8 <u>Breakfast</u> Muffin & Cheese Stick <u>Lunch</u> Meatloaf Mashed Potatoes w/ Gravy SC Grown Cabbage Yeast Roll Fruit | 9 <u>Breakfast</u> Chicken Biscuit <u>Lunch</u> Beef Nachos Salsa, Lettuce, Tomatoes Black Beans Southwestern Corn Fruit | 10 <u>Breakfast</u> Waffle <u>Lunch</u> Sliced Ham Macaroni & Cheese Green Peas Yeast Roll Cool Rips Slushy | 11 <u>Breakfast</u> Grits w/ Bacon NEW <u>Lunch</u> Mongolian Beef Fried Rice Broccoli Egg Roll Fruit | 12 <u>Breakfast</u> Breakfast Pizza <u>Lunch</u> Loaded Baked Potato Cheese, Sour Cream Bacon, Chili Side Salad Fruit |
| 15 <u>Breakfast</u> Honey Bun <u>Lunch</u> Country Style Steak Mashed Potatoes w/ Gravy SC Grown Collard Greens Yeast Roll Cool Rips Slushy | 16 <u>Breakfast</u> Sausage Biscuit <u>Lunch</u> Crunchy Beef Tacos Mexican Rice Pinto Beans Fruit | 17 <u>Breakfast</u> Pancake Pup <u>Lunch</u> Chicken & Rice SC Grown Butternut Squash Lima Beans Garlic Toast Fruit | 18 <u>Breakfast</u> Grits w/ Bacon Thanksgiving Celebration Oven Roasted Turkey Dressing w/ Gravy Macaroni & Cheese Sweet Potato Soufflé Green Beans Yeast Roll Fruit | 19 <u>Breakfast</u> Yogurt & String Cheese <u>Lunch</u> Tomato Soup Grilled Cheese Side Salad Chips Fruit |
| 22 <u>Breakfast</u> Cinnamon Roll <u>Lunch</u> Baked Chicken Mashed Potatoes w/ Gravy SC Grown Collard Greens Fruit | 23 <u>Breakfast</u> Yogurt w/ Graham Crackers <u>Lunch</u> Beef Burrito Southwestern Corn Chips & Salsa Fruit | 24 | 25 <i>Eat, drink & Be grateful</i> | 26 |
| 29 <u>Breakfast</u> Muffin & Cheese Stick <u>Lunch</u> Meatloaf Mashed Potatoes w/ Gravy SC Grown Cabbage Yeast Roll Fruit | 30 <u>Breakfast</u> Chicken Biscuit <u>Lunch</u> Beef Nachos Salsa, Lettuce, Tomatoes Black Beans Southwestern Corn Fruit | 1 <u>Breakfast</u> Waffle <u>Lunch</u> Sliced Ham Macaroni & Cheese Green Peas Yeast Roll Cool Rips Slushy | 2 <u>Breakfast</u> Grits w/ Bacon NEW <u>Lunch</u> Teriyaki Beef Fried Rice Broccoli Egg Roll Fruit | 3 <u>Breakfast</u> Breakfast Pizza <u>Lunch</u> Loaded Baked Potato Cheese, Sour Cream Bacon, Chili Side Salad Fruit |

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Time Saving
0 minutes of prep time at home... less stress in the morning

School Meals are required to meet high nutrition standards featuring whole grains, fruits & vegetables & milk

Provides:
More Protein
More Calcium
More Vitamin A
More Fruits
More Vegetable

Journal of Nutrition Education & Behavior November 2014



One More Thing To Do Each Morning
Spending just 10 - 15 minutes prepping lunches = 30 - 40 hours per school year

Studies Show Lunches packed at home contained more sweetened beverages, snack chips, desserts, and refined grains
Journal Nutrition & Dietetics - 11/2015

Provides:
More Calories
More Fat
More Saturated Fat
More Sugar
More Salty Snacks

Journal of Nutrition Education & Behavior November 2014