



**Greenwood School District 50  
Woodfields Elementary School**

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 <b>Breakfast</b> Cinnamon Roll  <b>Lunch</b> Chicken Poppers or Grilled Cheese w/ Chips Mashed Potatoes w/ Gravy SC Grown Collard Greens Yeast Roll Fruit	2 <b>Breakfast</b> Egg & Cheese Biscuit  <b>Lunch</b> Soft Beef Tacos or Yogurt Plate Mexican Rice Refried Beans Fruit	3 <b>Breakfast</b> Pumpkin Bread  <b>Lunch</b> Pizza or Grilled Chicken on a Salad Corn Fruit	4 <b>Breakfast</b> Pop Tart w/ String Cheese  <b>Lunch</b> Orange Chicken or Yogurt Plate Fried Rice Carrots Egg Roll Fruit	5 <b>Breakfast</b> Doughnuts  <b>Lunch</b> BBQ Sandwich or Chef Salad French Fries SC Grown Cole Slaw Cool Rips Slushy
8 <b>Breakfast</b> Muffin & Cheese Stick  <b>Lunch</b> Chicken Noodle Soup & Grilled Cheese or Turkey & Cheese Wrap Fresh Veggies w/ Dip Fruit	9 <b>Breakfast</b> Chicken Biscuit  <b>Lunch</b> Cheesy Beef Nachos or Yogurt Plate Salsa, Lettuce, Tomatoes Black Beans Southwestern Corn Fruit	10 <b>Breakfast</b> Waffle  <b>Lunch</b> Cheese Bites w/ Marinara or Grilled Chicken on a Salad Parmesan Noodles Broccoli Fruit	11 <b>Breakfast</b> Cereal Bar w/ String Cheese  <b>Lunch</b> Chicken & Rice or Yogurt Plate SC Grown Butternut Squash Yeast Roll Fruit	12 <b>Breakfast</b> Breakfast Pizza  <b>Lunch</b> Cheeseburger or Chef Salad French Fries Baked Beans Fruit
15 <b>Breakfast</b> Honey Bun  <b>Lunch</b> Country Style Steak or Grilled Cheese w/ Chips Mashed Potatoes w/ Gravy SC Grown Cabbage Yeast Roll Cool Rips Slushy	16 <b>Breakfast</b> Sausage Biscuit  <b>Lunch</b> Crunchy Beef Tacos or Yogurt Plate Mexican Rice Pinto Beans Fruit	17 <b>Breakfast</b> Pancakes  <b>Lunch</b> Pizza or Grilled Chicken on a Salad Corn Fruit	18 <b>Breakfast</b> Pop Tart w/ String Cheese  <b>Thanksgiving Celebration</b> Oven Roasted Turkey Dressing w/ Gravy Macaroni & Cheese Sweet Potato Soufflé Green Beans Yeast Roll Fruit	19 <b>Breakfast</b> Yogurt w/ String Cheese  <b>Lunch</b> Chicken Sandwich or Chef Salad Chips Cucumbers w/ Dip Fruit
22 <b>Breakfast</b> Cinnamon Roll  <b>Lunch</b> Chicken Poppers or Grilled Cheese w/ Chips Mashed Potatoes w/ Gravy SC Grown Collard Greens Yeast Roll Fruit	23 <b>Breakfast</b> Egg & Cheese Biscuit  <b>Lunch</b> Soft Beef Tacos or Yogurt Plate Mexican Rice Pinto Beans Fruit	24	25 	26
29 <b>Breakfast</b> Muffin & Cheese Stick  <b>Lunch</b> Chicken Noodle Soup & Grilled Cheese or Turkey & Cheese Wrap Fresh Veggies w/ Dip Fruit	30 <b>Breakfast</b> Chicken Biscuit  <b>Lunch</b> Cheesy Beef Nachos or Yogurt Plate Salsa, Lettuce, Tomatoes Black Beans Southwestern Corn Fruit	1 <b>Breakfast</b> Waffle  <b>Lunch</b> Cheese Bites w/ Marinara or Grilled Chicken on a Salad Parmesan Noodles Broccoli Fruit	2 <b>Breakfast</b> Cereal Bar w/ String Cheese  <b>Lunch</b> Chicken & Rice or Yogurt Plate Lima Beans Yeast Roll Fruit	3 <b>Breakfast</b> Breakfast Pizza  <b>Lunch</b> Cheeseburger or Chef Salad French Fries Baked Beans Fruit

PHOTO: GETTY IMAGES



**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



**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