



**Greenwood School District 50  
Merrywood Elementary  
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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4			7	8
	<b>National School Lunch Week Oct 11 – 15</b>			
11	12	13	14	15
<p><b>Breakfast</b> Cinnamon Roll</p> <p><b>Lunch</b> Chicken Poppers or Turkey &amp; Cheese Wrap Mashed Potatoes w/ Gravy Corn Fruit</p>	<p><b>Breakfast</b> Egg &amp; Cheese Biscuit</p> <p><b>Lunch</b> Soft Beef Tacos or Yogurt Plate Mexican Rice Refried Beans Fruit</p>	<p><b>Breakfast</b> Pumpkin Bread</p> <p><b>Lunch</b> Pizza or Grilled Chicken on a Salad Fresh Veggies w/ Ranch Fruit</p>	<p><b>Breakfast</b> Grits w/ Bacon</p> <p><b>Lunch</b> Orange Chicken or Grilled Cheese Fried Rice Carrots Egg Roll Fruit</p>	<p><b>Breakfast</b> Doughnuts</p> <p><b>Lunch</b> BBQ Pork Sandwich or Chef Salad French Fries Fresh Veggies w/ Dip Cool Rips Slushy</p>
18	19	20	21	22
<p><b>Breakfast</b> Muffin &amp; Cheese Stick</p> <p><b>Lunch</b> Chicken Noodle Soup &amp; Grilled Cheese or Turkey &amp; Cheese Wrap Fresh Veggies w/ Dip Fruit</p>	<p><b>Breakfast</b> Chicken Biscuit</p> <p><b>Lunch</b> Cheesy Beef Nachos or Yogurt Plate Salsa, Lettuce, Tomatoes Black Beans Southwestern Corn Fruit</p>	<p><b>Breakfast</b> Waffle</p> <p><b>Lunch</b> Baked Spaghetti or Grilled Chicken on a Salad Garlic Bread Broccoli Fruit</p>	<p><b>Breakfast</b> Grits w/ Bacon</p> <p><b>Lunch</b> Chicken Fried Rice or Yogurt Plate Vegetable Blend Yeast Roll Fruit</p>	<p><b>Breakfast</b> Breakfast Pizza</p> <p><b>Lunch</b> Cheeseburger or Chef Salad French Fries Baked Beans Fruit</p>
25	26	27	28	29
<p><b>Breakfast</b> Honey Bun</p> <p><b>Lunch</b> Country Style Steak or Turkey &amp; Cheese Wrap Mashed Potatoes w/ Gravy Green Beans Yeast Roll Cool Rips Slushy</p>	<p><b>Breakfast</b> Sausage Biscuit</p> <p><b>Lunch</b> Crunchy Beef Tacos or Yogurt Plate Mexican Rice Refried Beans Fruit</p>	<p><b>Breakfast</b> Pancakes</p> <p><b>Lunch</b> Pizza or Grilled Chicken on a Salad Fresh Veggies w/ Ranch Fruit</p>	<p><b>Breakfast</b> Grits w/ Bacon</p> <p><b>Lunch</b> Orange Chicken or Yogurt Plate LoMein Noodles Broccoli Egg Roll Fruit</p>	<p><b>Breakfast</b> Yogurt w/ String Cheese</p> <p><b>Lunch</b> Chicken Sandwich or Chef Salad Chips Cucumbers w/ Dip Fruit</p>

**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