

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">“USDA and this institution are equal opportunity providers and employers.”</p>		<p>Breakfast 1 Cinnamon Roll or Assorted Cereal</p> <p>Lunch Sliced Turkey w/ Roll Macaroni & Cheese Sautéed Greens Carrots</p>	<p>Breakfast 2 Yogurt Parfait or Grits w/ Bacon</p> <p>Lunch Orange Chicken LoMein Noodles Egg Roll Steamed Oriental Vegetables</p>	<p align="center">3 No School</p>
	<p>Breakfast 6 Dutch Waffle or Assorted Cereal</p> <p>Lunch Pork Chop Mashed Potatoes w/ Gravy Broccoli w/ Cheese Yeast Roll</p>	<p>Breakfast 7 Chocolate Chip Muffin or Grits w/ Bacon</p> <p>Lunch Loaded Nachos - Beef, Cheese, Salsa Lettuce, Guacamole, Jalapenos Sour Cream, Black Beans</p>	<p>Breakfast 8 French Toast or Assorted Cereal</p> <p>Lunch Early Release Day Sandwich Chips Fruit Cookie</p>	<p>Breakfast 9 Biscuit w/ Gravy or Grits w/ Sausage</p> <p>Lunch Teriyaki Chicken Fried Rice Egg Roll Steamed Fresh Vegetables Lima Beans</p>
<p>Breakfast 13 Chicken Biscuit or Assorted Cereal</p> <p>Lunch BBQ Chicken Baked Beans Breaded Okra Corn Texas Toast</p>	<p>Breakfast 14 Doughnuts or Grits w/ Bacon</p> <p>Lunch Chicken Fajitas Sautéed Peppers & Onions Refried Beans Chips & Salsa Lettuce, Diced Tomatoes, Sour Cream, Guacamole</p>	<p>Breakfast 15 Pancakes or Assorted Cereal</p> <p>Lunch Chili Beans Baked Potato Tossed Salad Texas Toast</p>	<p>Breakfast 16 Steak Biscuit or Grits w/ Bacon</p> <p>Lunch Orange or Teriyaki Chicken LoMein Noodles Steamed Fresh Vegetables Egg Roll</p>	<p>Breakfast 17 Hash Browns w/ Sausage or Assorted Cereal</p> <p>Lunch Sliced Turkey Irish Cabbage Yeast Roll Pot o’ Gold Carrots Mashed Potatoes w/ Gravy</p>
<p>Breakfast 20 Pancake Pup or Assorted Cereal</p> <p>Lunch BBQ Pork w/ Roll Breaded Okra Baked Beans Steamed Cabbage</p>	<p>Breakfast 21 Cinnamon Roll or Grits w/ Bacon</p> <p>Lunch Meatloaf Mashed Potatoes w/ Gravy Pinto Beans Squash</p>	<p>Breakfast 22 Breakfast Pizza or Assorted Cereal</p> <p>Lunch Baked Spaghetti English Peas Tossed Salad Garlic Bread</p>	<p>Breakfast 23 Banana Bread or Grits w/ Sausage</p> <p>Lunch Orange Chicken Fried Rice Egg Roll Steamed Broccoli Honey Glazed Carrots</p>	<p>Breakfast 24 Sausage Biscuit or Assorted Cereal</p> <p>Lunch Buffalo Chicken Wings Fresh Veggies w/ Ranch French Fries Cheese Bread Baked Apples</p>
<p>Breakfast 27 Yogurt Parfait or Assorted Cereal</p> <p>Lunch Sliced Turkey Macaroni & Cheese Sautéed Greens Carrots Yeast Roll</p>	<p>Breakfast 28 Honey Bun & Fruit or Grits w/ Bacon</p> <p>Lunch Loaded Nachos - Beef, Cheese, Salsa Lettuce, Guacamole, Jalapenos Sour Cream, Black Beans</p>	<p>Breakfast 29 French Toast or Assorted Cereal</p> <p>Lunch Early Release Day Sandwich Chips Fruit Brownie</p>	<p>Breakfast 30 Biscuit w/ Gravy or Grits w/ Sausage</p> <p>Lunch Teriyaki Chicken Fried Rice Egg Roll Steamed Fresh Vegetables Lima Beans</p>	<p>Breakfast 31 Blueberry Biscuit or Assorted Cereal</p> <p>Lunch Chicken w/ Peppers & Onions Green Beans Potato Wedges Yeast Roll</p>

March 2017

Emerald High School Breakfast & Lunch Menu

Breakfast Options: • Assorted Milk
• 100% Fruit Juice • Canned Fruits/Fresh Fruits • Variety of Cereals • Vegetable Juice

Breakfast includes choice of:
Entrée, fruit & milk.
Students **must** select a fruit/juice.

Lunch includes a choice of:
Entrée with grain/bread, vegetables, fruit & milk. Students **must** select a fruit and/or vegetable.

Milk Choices: • Fat Free and 1% Unflavored, Fat Free Strawberry, Chocolate, and Vanilla

Menu selection is subject to change at any time.*



SC - Indicates locally grown



*Greenwood School District 50
Child Nutrition Services*