


| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | Breakfast 1 Cinnamon Roll or Assorted Cereal Lunch Sliced Turkey w/ Roll Macaroni & Cheese Creamed Spinach Carrots | Breakfast 2 Yogurt Parfait or Grits w/ Bacon Lunch Orange Chicken LoMein Noodles Egg Roll Steamed Oriental Vegetables | Breakfast 3 Chicken Biscuit or Assorted Cereal Lunch BBQ Chicken Baked Beans Breaded Okra Corn on the Cob Texas Toast |
| Breakfast 6 Dutch Waffle or Assorted Cereal Lunch Country Style Steak Mashed Potatoes w/ Gravy Broccoli w/ Cheese Yeast Roll | Breakfast 7 Chocolate Chip Muffin or Grits w/ Bacon Lunch Loaded Nachos - Beef, Cheese, Salsa Lettuce, Guacamole, Jalapenos Sour Cream, Black Beans | Breakfast 8 French Toast or Assorted Cereal Lunch Early Release Day BBQ Sandwich Chips Fruit Brownie | Breakfast 9 Biscuit w/ Gravy or Grits w/ Sausage Lunch Teriyaki Chicken Fried Rice Egg Roll Steamed Fresh Vegetables Lima Beans | Breakfast 10 Pork Chop Biscuit or Assorted Cereal Lunch Chicken & Noodles Green Beans SC Sweet Potatoes Yeast Roll |
| No School 13 | Breakfast 14 Dutch Waffle w/ Strawberries Grits w/ Bacon Lunch Lasagna Breaded Zucchini Tossed Salad Garlic Bread Chocolate Cake | Breakfast 15 Pancakes or Assorted Cereal Lunch Chicken Noodle Soup w/ 1/2 Sandwich Tossed Salad Chips | Breakfast 16 Steak Biscuit or Grits w/ Bacon Lunch General Tso's LoMein Noodles Egg Roll Steamed Fresh Vegetables SC Sautéed Cabbage | Breakfast 17 Hash Browns w/ Sausage or Assorted Cereal Lunch Oven Fried Chicken Green Beans Carrots Yeast Roll Mashed Potatoes w/ Gravy |
| Breakfast 20 Pancake Pup or Assorted Cereal Lunch BBQ Pork w/ Roll Breaded Okra Baked Beans Steamed Cabbage | Breakfast 21 Cinnamon Roll or Grits w/ Bacon Lunch Chicken Fajitas Sautéed Peppers & Onions Refried Beans Chips & Salsa Lettuce, Diced Tomatoes, Sour Cream, Guacamole | Breakfast 22 Breakfast Pizza or Assorted Cereal Lunch Baked Spaghetti English Peas Squash Garlic Bread | Breakfast 23 Banana Bread or Grits w/ Sausage Lunch Sweet & Sour Chicken Fried Rice Egg Roll Steamed Broccoli Honey Glazed Carrots | Breakfast 24 Sausage Biscuit or Assorted Cereal Lunch Buffalo Chicken Wings Fresh Veggies w/ Ranch French Fries Cheese Bread Baked Apples |
| Breakfast 27 Yogurt Parfait or Assorted Cereal Lunch BBQ Pork w/ Roll Macaroni & Cheese Creamed Spinach Carrots Yeast Roll | Breakfast 28 Honey Bun & Fruit or Grits w/ Bacon Lunch Beef Soft Tacos Mexican Rice Pinto Beans Chips, Salsa & Cheese Dip |  | | "USDA and this institution are equal opportunity providers and employers." |

February 2017

Emerald High School Breakfast & Lunch Menu

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

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

Lunch includes a choice of:
Entrée with grain/bread, 1-2 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