


# February 2017

## Middle & High School Breakfast & Lunch Menu

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

**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