



October 2019

Early Childhood Center

Breakfast & Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 30 Muffin w/ yogurt Lunch Chicken Slider French Fries Cucumbers w/ Ranch Fruit	Breakfast 1 Grits w/ Bacon Lunch Teriyaki Chicken Fried Rice Carrots Cool Rips Fruit Slushy	Breakfast 2 Scrambled Eggs w/ Breakfast Potatoes Lunch Pizza Salad Corn Fruit	Breakfast 3 Pop Tart w/ String Cheese Lunch Chicken Nuggets Macaroni & Cheese Green Beans Yeast Roll Fruit	Breakfast 4 Sausage Biscuit Lunch Cheesy Chicken Pasta Green Peas Carrots Yeast Roll Fruit
Breakfast 7 Doughnut Holes Lunch Hot Dog w/ Chili French Fries Corn Fruit	Breakfast 8 Cereal Lunch Scrambled Eggs Bacon Pancake w/ Syrup Orange Juice Fruit	Breakfast 9 Strawberry Pancakes Lunch Soft Beef Taco Chips w/ Salsa Refried Beans Cool Rips Fruit Slushy	Breakfast 10 Grits w/ Bacon Lunch Pizza Salad Fruit	Breakfast 11 French Toast Sticks Lunch Grilled Cheese Chicken Noodle Soup Salad Fruit
Breakfast 14 Chicken Biscuit Lunch BBQ Slider Carrot Sticks w/ Ranch Chips Fruit	Breakfast 15 Grits w/ Sausage Lunch Orange Chicken LoMein Noodles Steamed Vegetables Fruit	Early Release Day 16 Breakfast Pancake Pup Lunch Bag Lunch Deli Sandwich Chips Fruit	Breakfast 17 Cereal w/ String Cheese Lunch Steak Nuggets Mashed Potatoes w/ Gravy Broccoli w/ Cheese Cool Rips Fruit Slushy	Breakfast 18 Sausage Biscuit Lunch Chicken Nuggets Macaroni & Cheese Green Beans Yeast Roll Fruit
Breakfast 21 Cinnamon Roll Lunch Cheeseburger French Fries Corn Cool Rips Fruit Slushy	Breakfast 22 Yogurt w/ Graham Crackers Lunch Spaghetti w/ Meat Sauce Steamed Squash Garlic Bread Fruit	Breakfast 23 Breakfast Pizza Lunch Beef & Cheese Nachos Mexican Rice Black Beans Fruit	Breakfast 24 Grits w/ Bacon Lunch Pizza Salad Fruit	Breakfast 25 Biscuit w/ Gravy Lunch BBQ Chicken Baked Beans Cabbage Yeast Roll Fruit
Breakfast 28 Muffin w/ yogurt Lunch Chicken Slider French Fries Cucumbers w/ Ranch Fruit	Breakfast 29 Grits w/ Bacon Lunch Teriyaki Chicken Fried Rice Carrots Cool Rips Fruit Slushy	Breakfast 30 Scrambled Eggs w/ Breakfast Potatoes Lunch Pizza Salad Corn Fruit	Breakfast 31 Pop Tart w/ String Cheese Lunch Bat Shaped Chicken Nuggets Macaroni & Cheese Green Beans Yeast Roll Fruit	Breakfast 1 Sausage Biscuit Lunch Cheesy Chicken Pasta Green Peas Carrots Yeast Roll Fruit

Breakfast includes choice of:
Entrée w/ whole grain, 1/2cup fruit & milk.
Serve Juice Mon, Wed, Fri
Serve 1 fruit Tues, Thurs.

Lunch includes a choice of:
Entrée with grain/bread, vegetables,
fruit & milk.
Serving Sizes —1.5 oz protein, 1 oz grain,
1/4 cup Fruit, 1/4 cup vegetable

Milk Choices: • 8 oz 1% Unflavored

Fruit Options: • 100% 8oz Fruit Juice
• Canned Fruits/Fresh Fruits
• Fresh Seasonal fruit will be offered as



SC - Indicates locally grown



*Greenwood School District 50
Child Nutrition Services*

This institution is an equal
opportunity employer
and provider