

# October 2019

## Middle & High School Breakfast & Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> 30 Muffin & Yogurt or Assorted Cereal  <b>Lunch</b> Hamburger Steak w/ Onions Mashed Potatoes w/ Gravy Broccoli & Cheese Yeast Roll Fruit Brownie	<b>Breakfast</b> 1 Grits w/ Sausage or Assorted Cereal  <b>Lunch</b> Orange Chicken LoMein Noodles Steamed Vegetables Egg Roll Fruit	<b>Breakfast</b> 2 Eggs, Bacon & Breakfast Potatoes Assorted Cereal  <b>Lunch</b> Buffalo Wings Celery & Carrot Sticks w/ Dip French Fries Yeast Roll Fruit	<b>Breakfast</b> 3 Grits w/ Bacon or Assorted Cereal  <b>Lunch</b> Spaghetti & Meatballs Steamed Zucchini Garlic Bread Cool Rips Fruit Slushy	<b>Breakfast</b> 4 Sausage Biscuit or Assorted Cereal  <b>Lunch</b> BBQ Chicken Baked Beans Corn Breaded Okra Yeast Roll Fruit
<b>Breakfast</b> 7 Doughnut Holes or Assorted Cereal  <b>Lunch</b> Grilled Cheese Sandwich Chicken Noodle Soup Fresh Veggies w/ Dip Yeast Roll Fruit	<b>Breakfast</b> 8 Grits w/ Sausage or Assorted Cereal  <b>Lunch</b> General Tso's Chicken Fried Rice Carrots Egg Roll Fruit	<b>Breakfast</b> 9 Strawberry Pancakes or Assorted Cereal  <b>Lunch</b> Chicken & Dumplings Butternut Squash Sautéed Greens Yeast Roll Fruit	<b>Breakfast</b> 10 Grits w/ Bacon or Assorted Cereal  <b>Lunch</b> Sweet & Sour Pork Steamed Rice Cabbage Egg Roll Fruit	<b>Breakfast</b> 11 French Toast Sticks or Assorted Cereal  <b>Lunch</b> Hawaiian Chicken Rice Pilaf Green Beans Yeast Roll Cool Rips Fruit Slushy
<b>Breakfast</b> 14 Chicken Biscuit or Assorted Cereal  <b>Lunch</b> Country Style Steak Mashed Potatoes w/ Gravy Turnip Greens Yeast Roll Cupcake	<b>Breakfast</b> 15 Grits w/ Sausage or Assorted Cereal  <b>Lunch</b> Orange Chicken LoMein Noodles Steamed Vegetables Egg Roll Fruit	<b>Early Release Day</b> 16 <b>Breakfast</b> Pancake Pup or Assorted Cereal  <b>Lunch Bag Lunch</b> BBQ Pork Sandwich Chips Fruit	<b>Breakfast</b> 17 Grits w/ Bacon or Assorted Cereal  <b>Lunch</b> Loaded Baked Potato Broccoli & Cheese Yeast Roll Fruit	<b>Breakfast</b> 18 Sausage Biscuit or Assorted Cereal  <b>Lunch</b> Spaghetti & Meat Sauce Steamed Zucchini Garlic Bread Cool Rips Fruit Slushy
<b>Breakfast</b> 21 Cinnamon Roll or Assorted Cereal  <b>Lunch</b> Oven Fried Chicken Hash Brown Casserole Broccoli Salad Yeast Roll Cool Rips Fruit Slushy	<b>Breakfast</b> 22 Grits w/ Sausage or Assorted Cereal  <b>Lunch</b> Teriyaki Wings Fried Rice Carrots Egg Roll Fruit	<b>Breakfast</b> 23 Breakfast Pizza or Assorted Cereal  <b>Lunch</b> Turkey w/ Gravy Cornbread Stuffing Yam Patties Green Beans Fruit Cookie	<b>Breakfast</b> 24 Grits w/ Bacon or Assorted Cereal  <b>Lunch</b> Meatloaf Garlic Mashed Potatoes Peas & Carrots Yeast Roll Fruit	<b>Breakfast</b> 25 Biscuit w/ Gravy or Assorted Cereal  <b>Lunch</b> Seafood Basket - Popcorn Shrimp & Fish Hushpuppies Cabbage Fruit

**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

*This institution is an equal opportunity employer and provider*