



SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT

August, 2019

9-12

Merritt & High Schools

-Assorted Milk Offered Daily

-Fresh Fruit, Fresh Fruit Cups,
Assorted Juice and
Condiments Offered Daily

Monday

Tuesday

Wednesday

Thursday

Friday

Chicken Nuggets
Tuna Salad with Crackers
Mashed Potatoes
Southern Turnip Greens
Baby Carrots
Yeast Roll

5

BBQ Rib Sandwich
Tuna Salad w/ Crackers
Chef Salad
Quick Baked Potato
Black- Eyed Peas
Raw Veggies with Dip

6

Chicken Spaghetti
Chef Salad
Yeast Roll
Green Beans
Steamed Spinach
Tomatoes with Dip

7

Spicy Chicken Sandwich
Grilled Chicken Sandwich
Chef Salad
Yeast Roll
Oven Baked Potato Wedges
Lima Beans

8

Pepperoni Pizza Wedges
Sausage Pizza
Chef Salad
Yeast Roll
Corn on the Cob
Southern Mustard Greens

9

Manager's Choice

12

Manager's Choice

13

Manager's Choice

14

Manager's Choice

15

Manager's Choice

16

Chicken Breaded Cutlet
Sandwich
Chef Salad
Tuna Salad w/ Crackers
Quick Baked Potato
Southern Collard Greens

19

Spaghetti & Meat Sauce
Chef Salad
Yeast Roll
Black- Eyed Peas
Steamed Broccoli Florets
Tomatoes w/ Dip

20

Mandarin Chicken
Chef Salad
Whole Wheat Roll
Steamed Cabbage
Seasoned Lima Beans
Tomatoes w/ Dip

21

Turkey & Cheese Hoagie
Tuna Salad w/ Crackers
Chef Salad
Whole Wheat Roll
Quick Baked Potato
Steamed Broccoli Florets

22

Hamburger w/ Trimming
Chef Salad
Whole Wheat Roll
Oven Baked Potato Wedges
Seasoned Lima Beans
Baby Carrots

23

Boneless Buffalo Hot
Wings
Chef Salad
Whole Wheat Roll
Baked Beans
Steamed Spinach

26

John Wayne Casserole
Chef Salad
Whole Wheat Roll
Seasoned Whole Greens
Beans
Black- Eyed Peas

27

Chicken Drumstick
Cheesy Breadsticks
Chef Salad
Whole Wheat Roll
Crispy Sweet Potato Cubes
California Veggies

28

Red Beans and Rice w/
Sausage
Tuna Salad w/ Crackers
Chef Salad
Whole Wheat Roll
Seasoned Lime Beans

29

Sloppy Joe on Bun
Chef Salad
Whole Wheat Roll
Quick Baked Potato
Whole Kernel Corn
Tomatoes w/ Dip

30



Good Nutrition is our Mission!
Menus are subject to change.

This institution is an equal opportunity provider.



PAY FOR MEALS ONLINE
MySchoolBucks.com



BREAKFAST

SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT August, 2019 Robert L. Merritt Junior High & High Schools 9-12

-Assorted Milk Offered Daily
-Fresh Fruit, Fresh Fruit Cups,
Assorted Juice and
Condiments Offered Daily

Monday

Tuesday

Wednesday

Thursday

Friday

Sausage & Pancake on a Stick **5**
Chilled Peach Slices
Pancake Syrup
Assorted Fruit Juices

Assorted Cold Cereals **6**
Assorted Muffin Loave
Yogurts and Muffins
Applesauce
Fresh Oranges

Southern Biscuit **7**
Scrambled Eggs
Hot Grits
Assorted Jellies
Fresh Apples

French Toast Sticks **8**
Chilled Pear Halves
Fresh Oranges
Pancake Syrup
Chilled Pear Halves

Assorted Cold Cereals **9**
Assorted Muffin Loave
Strawberry Toaster Pastry
Fresh Melon Cubes
Fresh Bananas

Manager's Choice **12**

Manager's Choice **13**

Manager's Choice **14**

Manager's Choice **15**

Manager's Choice **16**

Breakfast Sausage Pizza **19**
Oat WG Cereal Bar
Assorted Muffin Loave
Applesauce
Fresh Oranges

Southern Biscuit **20**
Breakfast Chicken Patty
Fresh Apples
Assorted Fruit Juices
Assorted Jellies

Southern Biscuit **21**
Sausage Patty
Assorted Cold Cereals
Assorted Muffin Loave
Assorted Jellies

Pancake **22**
Scrambled Eggs
Fresh Bananas
Assorted Fruit Juices
Pancake Syrup

Assorted Cold Cereals **23**
Assorted Muffin Loave
Strawberry Toaster Pastry
Fresh Oranges
Chilled Diced Pears

Sausage & Pancake on a Stick **26**
Chilled Peach Slices
Assorted Fruit Juices
Pancake Syrup

Assorted Cold Cereals **27**
Assorted Muffin Loave
Banana Breakfast Bread
Fresh Oranges
Applesauce

Southern Biscuit **28**
Scrambled Eggs
Hot Grits
Fresh Apples
Assorted Fruit Juices

French Toast Sticks **29**
Chilled Pear Halves
Fresh Bananas
Pancake Syrup

Assorted Cold Cereals **30**
Assorted Muffin Loave
Strawberry Toaster Pastry
Fresh Oranges
Chilled Diced Pears



Good Nutrition is our Mission!
Menus are subject to change.
This institution is an equal opportunity provider.

MY SCHOOL BUCKS PAY FOR MEALS ONLINE
MySchoolBucks.com





BREAKFAST

SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT

August, 2019

K-8

Elementary & Middle Schools

-Assorted Milk Offered Daily

-Fresh Fruit, Fresh Fruit Cups,
Assorted Juice and
Condiments Offered Daily

Monday

Tuesday

Wednesday

Thursday

Friday

Sausage & Pancake on a Stick
Chilled Peach Slices
Pancake Syrup
Assorted Fruit Juices

5

Assorted Cold Cereals
Assorted Muffin Loave
Yogurts and Muffins
Applesauce
Fresh Oranges

6

Southern Biscuit
Scrambled Eggs
Hot Grits
Assorted Jellies
Fresh Apples

7

French Toast Sticks
Chilled Pear Halves
Fresh Oranges
Pancake Syrup
Chilled Pear Halves

8

Assorted Cold Cereals
Assorted Muffin Loave
Strawberry Toaster Pastry
Fresh Melon Cubes
Fresh Bananas

9

Manager's Choice

12

Manager's Choice

13

Manager's Choice

14

Manager's Choice

15

Manager's Choice

16

Breakfast Sausage Pizza
Oat WG Cereal Bar
Assorted Muffin Loave
Applesauce
Fresh Oranges

19

Southern Biscuit
Breakfast Chicken Patty
Fresh Apples
Assorted Fruit Juices
Assorted Jellies

20

Southern Biscuit
Sausage Patty
Assorted Cold Cereals
Assorted Muffin Loave
Assorted Jellies

21

Pancake
Scrambled Eggs
Fresh Bananas
Assorted Fruit Juices
Pancake Syrup

22

Assorted Cold Cereals
Assorted Muffin Loave
Strawberry Toaster Pastry
Fresh Oranges
Chilled Diced Pears

23

Sausage & Pancake on a Stick
Chilled Peach Slices
Assorted Fruit Juices
Pancake Syrup

26

Assorted Cold Cereals
Assorted Muffin Loave
Banana Breakfast Bread
Fresh Oranges
Applesauce

27

Southern Biscuit
Scrambled Eggs
Hot Grits
Fresh Apples
Assorted Fruit Juices

28

French Toast Sticks
Chilled Pear Halves
Fresh Bananas
Pancake Syrup

29

Assorted Cold Cereals
Assorted Muffin Loave
Strawberry Toaster Pastry
Fresh Oranges
Chilled Diced Pears

30



Good Nutrition is our Mission!
Menus are subject to change.

This institution is an equal opportunity provider.



PAY FOR MEALS ONLINE
MySchoolBucks.com





LUNCH

SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT

August, 2019

K-8

Elementary & Middle Schools

-Assorted Milk Offered Daily

-Fresh Fruit, Fresh Fruit Cups,
Assorted Juice and
Condiments Offered Daily

Monday

Tuesday

Wednesday

Thursday

Friday

Chicken Nuggets
Tuna Salad with Crackers
Mashed Potatoes
Southern Trunip Greens
Sliced Carrots
Yeast Roll

5

BBQ Rib Sandwich
Tuna Salad w/ Crackers
Oven Baked Potato Wedges
Black- Eyed Peas
Tomatoes with Dip

6

Chicken Spaghetti
Chef Salad
Yeast Roll
Green Beans
Steamed Spinach
Tomatoes with Dip

7

Spicy Chicken Sandwich
Grilled Chicken Sandwich
Chef Salad
Yeast Roll
Oven Baked Potato Wedges
Mixed Vegetables

8

Pepperoni Pizza Wedges
Cheese Pizza
Chef Salad
Yeast Roll
Corn on the Cob
Southern Mustard Greens

9

Manager's Choice

12

Manager's Choice

13

Manager's Choice

14

Manager's Choice

15

Manager's Choice

16

Chicken Breaded Cutlet
Sandwich
Chef Salad
Tuna Salad w/ Crackers
Quick Baked Potato
Southern Collard Greens

19

Spaghetti & Meat Sauce
Chef Salad
Yeast Roll
Black- Eyed Peas
Steamed Broccoli Florets
Tomatoes w/ Dip

20

Mandarin Chicken
Chef Salad
Whole Wheat Roll
Steamed Cabbage
Seasoned Lima Beans
Tomatoes w/ Dip

21

Turkey & Cheese Hoagie
Tuna Salad w/ Crackers
Chef Salad
Whole Wheat Roll
Quick Baked Potato
Steamed Broccoli Florets

22

Hamburger w/ Trimming
Chef Salad
Whole Wheat Roll
Oven Baked Potato Wedges
Seasoned Lima Beans
Baby Carrots

23

Boneless Buffalo Hot
Wings
Chef Salad
Whole Wheat Roll
Baked Beans
Steamed Spinach

26

John Wayne Casserole
Chef Salad
Whole Wheat Roll
Seasoned Whole Greens
Beans
Black- Eyed Peas

27

Chicken Drumstick
Cheesy Breadsticks
Chef Salad
Whole Wheat Roll
Crispy Sweet Potato Cubes
California Veggies

28

Red Beans and Rice w/
Sausage
Tuna Salad w/ Crackers
Chef Salad
Whole Wheat Roll
Seasoned Lime Beans

29

Sloppy Joe on Bun
Chef Salad
Whole Wheat Roll
Quick Baked Potato
Whole Kernel Corn
Tomatoes w/ Dip

30

Good Nutrition is our Mission!
Menus are subject to change.

This institution is an equal opportunity provider.



PAY FOR MEALS ONLINE
MySchoolBucks.com





SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT

August, 2019

Pre- K Menu

ESE, IES, MCE & AWJ

-Low Fat White Milk Offered
Dairy

-Fruit Offered Daily

Monday

Tuesday

Wednesday

Thursday

Friday

Chicken Nuggets
Mashed Potatoes
Southern Turnip Greens
Yeast Roll
Fresh Apples
Fruit Cocktail

5

BBQ Rib Sandwich
Oven Baked Potato Wedge
Fresh Apples

6

Chicken Spaghetti
Steamed Spinach
Chilled Diced Pears
Yeast Roll

7

Grilled Chicken Sandwich
Mixed Vegetables
Fresh Melon Cubes
Mayonnaise
Ketchup & Mustard

1

Pepperoni Pizza Wedge
Cheese Pizza
Corn on the Cob
Southern Mustard Greens
Fresh Oranges

2

Manager's Choice

12

Manager's Choice

13

Manager's Choice

14

Manager's Choice

15

Manager's Choice

16

Grilled Chicken Sandwich
Quick Baked Potato
Southern Collard Greens
Baby Carrots w/ Dressing
Mayonnaise, Ketchup, &
Mustard

19

Spaghetti & Meat Sauce
Black- Eyed Peas
Steamed Broccoli Florets
Whole Wheat Garlic Toast

20

Tuna Salad Sandwich
Ham and Cheese on Bun
Seasoned Lima Beans
Tomatoes w/ Dip

21

Turkey & Cheese Hoagie
Steamed Broccoli Florets
Tomatoes w/ Dip
Mayonnaise, Mustard, &
Ketchup

22

Hamburger w/ Trimming
Oven Baked Potato Wedges
Baby Carrots
Mayonnaise, Ketchup, &
Mustard

23

Turkey & Cheese on Bun
Tuna Salad Sandwich
Baked Beans
Steamed Spinach
Baby Carrots w/ Dressing

26

Bean Burrito
Chef Salad
Saltine Crackers
Black- Eyed Peas
Raw Veggies with Dip
Salsa

27

Chicken Drumstick
Cheesy Breadsticks
Crispy Sweet Potato Cubes
California Veggies
Tomatoes with Dip

28

Red Beans and Rice w/
Sausage
Seasoned Lima Beans
Tomatoes with Dip

29

Sloppy Joe on Bun
Quick Baked Potato
Whole Kernel Corn
Tomatoes with Dip

30

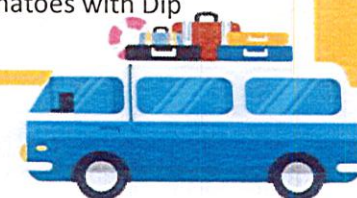


Good Nutrition is our Mission!
Menus are subject to change.

This institution is an equal opportunity provider.



PAY FOR MEALS ONLINE
[MySchoolBucks.com](https://www.myschoolbucks.com)





BREAKFAST

SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT

August, 2019

Pre- K Menu

ESE, IES, MCE & AWJ

-Low Fat White Milk Offered
Dairy

-Fruit Offered Daily

Monday

Tuesday

Wednesday

Thursday

Friday

Sausage & Pancake on a Stick
Chilled Peach Slices
Low Fat Milk

Banana Muffin
Applesauce
Low Fat Milk

Southern Biscuit
Scrambled Eggs
Pineapple Tidbits
Low Fat Milk

French Toast Sticks
Fresh Oranges
Low Fat Milk

Assorted Muffin Loave
Fresh Bananas
Low Fat Milk

Manager's Choice

Manager's Choice

Manager's Choice

Manager's Choice

Manager's Choice

Breakfast Sausage Pizza
Applesauce
Low Fat Milk

Southern Biscuit
Breakfast Chicken Patty
Fresh Apples
Low Fat Milk

Southern Biscuit
Sausage Patty
Fresh Oranges
Low Fat Milk

Pancake
Scrambled Eggs
Fresh Bananas
Low Fat Milk

Assorted Muffin Loave
Chilled Diced Pears
Low Fat Milk

Pancake
Chilled Peach Slices
Low Fat Milk

Assorted Muffin Loave
Applesauce
Low Fat Milk

Southern Biscuit
Scrambled Eggs
Fresh Apples
Low Fat Milk

French Toast Sticks
Chilled Pear Halves
Low Fat Milk

Assorted Muffin Loave
Chilled Diced Pears
Low Fat Milk



Good Nutrition is our Mission!
Menus are subject to change.

This institution is an equal opportunity provider.



PAY FOR MEALS ONLINE
MySchoolBucks.com