LUNCH

SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT

October, 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
	1 Corn Dog Chef Salad Whole Wheat Roll Tuna Salad Sandwich Baked Beans Southern Collard Greens	**2** Chicken Spaghetti Chef Salad Yeast Roll Green Beans Steamed Spinach Tomatoes w/ Dip	**3** Seasoned Baked Chicken Chef Salad Whole Wheat Roll Steamed Cabbage Seasoned Lima Beans Pineapple Tidbits	**4** Hamburger w/ Trimmings Chef Salad Whole Wheat Roll Oven Baked Potato Wedges Whole Kernel Corn Baby Carrots
7 Fall Break	**8** Fall Break	**9** Chicken Patty Sandwich Grilled Chicken Sandwich Chef Salad Crispy Sweet Potato Cubes California Veggies Chilled Peach Slices	**10** Red Beans and Rice w/ Sausage Tuna Salad w/ Crackers Chef Salad Whole Wheat Roll Seasoned Lima Beans	**11** Sloppy Joe on Bun Chef Salad Whole Wheat Roll Quick Baked Potato Black-Eyed Peas Fruit Cocktail
14 Cheesy Chicken over Rice Chef Salad Mixed Vegetables Southern Collard Greens Chilled Pear Halves Fresh Melon Cubes	**15** BBQ Pulled Pork Burger Tuna Salad with Crackers Chef Salad Baked Beans Tomatoes with Dip Fresh Oranges	**16** Spaghetti & Meat Sauce Chef Salad Black-Eyed Peas Steamed Broccoli Florets Tomatoes with Dip Pineapple Tidbits	**17** Turkey & Cheese Hoagie Tuna Salad with Crackers Chef Salad Quick Baked Potato Steamed Broccoli Florets Tomatoes with Dip	**18** Hamburger w/ Trimmings Chef Salad Oven Baked Potato Wedges Whole Kernel Corn Fruit Cocktail Baby Carrots
21 Chicken Nuggets Chef Salad Black-Eyed Peas Whole Kernel Corm Macaroni and Cheese Fresh Apples	**22** Turkey & Cheese Hoagie Tuna Salad w/ Crackers Chef Salad Quick Baked Potato Steamed Broccoli Florets Fresh Oranges	**23** Chicken Spaghetti Chef Salad Yeast Roll Green Beans Steamed Spinach Tomatoes w/ Dip	**24** Spicy Chicken Sandwich Grilled Chicken Sandwich Chef Salad Oven Baked Potato Wedges Mixed Vegetables Fresh Grapes	**25** Pepperoni Pizza Wedge Chef Salad Black-Eyed Peas Corn on the Cob Fruit Slushes Tomatoes with Dip
28 BBQ Pulled Pork Burger Tuna Salad with Crackers Chef Salad Baked Beans Southern Collard Greens Fresh Oranges	**29** Mandarin Chicken Chef Salad Steamed Cabbage Seasoned Lima Beans Tomatoes with Dip Stir Fried Rice	**30** Spaghetti & Meat Sauce Chef Salad Black-Eyed Peas Green Beans Tomatoes with Dip Fresh Pears	**31** Turkey & Cheese Hoagie Tuna Salad with Crackers Chef Salad Quick Baked Potato Steamed Broccoli Florets Fresh Bananas	

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BREAKFAST

SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT

October, 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
	1 Southern Biscuit Breakfast Chicken Patty Fresh Apples Assorted Fruit Juices Assorted Jellies	**2** Southern Biscuit Sausage Patty Assorted Cold Cereals Assorted Muffin Loave Assorted Fruit Juices Apple and Orange Wedges	**3** Pancake Scrambled Eggs Fresh Bananas Assorted Fruit Juices Pancake Syrup	**4** Assorted Cold Cereals Assorted Muffin Loave Apple Frudel Cherry Frudel Fresh Oranges Chilled Diced Pears
7 Fall Break	**8** Fall Break	**9** Sausage & Pancake on a Stick Chilled Peach Slices Fresh Apples Pancake Syrup	**10** French Toast Sticks Chilled Pear Halves Fresh Bananas Pancake Syrup	**11** Southern Biscuit Scrambled Eggs Hot Grits Fresh Apples Assorted Fruit Juices Assorted Jellies
14 Breakfast Sausage Pizza Assorted Cold Cereals Fruit Flavor Cereal Bar Assorted Muffin Loave Applesauce Fresh Oranges	**15** Southern Biscuit Breakfast Chicken Patty Fresh Apples Assorted Fruit Juices Assorted Jellies	**16** Southern Biscuit Sausage Patty Assorted Cold Cereals Assorted Muffin Loave Applesauce Apple and Orange Wedges	**17** Pancake Scrambled Eggs Fresh Bananas Assorted Fruit Juices Pancake Syrup	**18** Assorted Cold Cereals Assorted Muffin Loave Strawberry Toaster Pastry Fresh Oranges Chilled Diced Pears
21 Sausage & Pancake on a Stick Yogurts and Muffins Chilled Peach Slices Fresh Apples Pancake Syrup	**22** Assorted Cold Cereals Assorted Muffin Loave Strawberry Toaster Pastry Fresh Oranges Applesauce	**23** Southern Biscuit Scrambled Eggs Hot Grits Fresh Apples Assorted Fruit Juices Assorted Jellies	**24** French Toast Sticks Chilled Pear Halves Fresh Bananas Pancake Syrup	**25** Assorted Cold Cereals Apple Frudel Strawberry Toaster Pastry Fresh Oranges Chilled Diced Pears
28 Assorted Cold Cereals Assorted Muffin Loave Apple Frudel Cherry Frudel Fresh Oranges Chilled Diced Pears	**29** Southern Biscuit Breakfast Chicken Patty Fresh Apples Assorted Fruit Juices Assorted Jellies	**30** Southern Biscuit Sausage Patty Assorted Cold Cereals Assorted Muffin Loave Assorted Fruit Juices Apple and Orange Wedges	**31** Pancake Scrambled Eggs Fresh Bananas Assorted Fruit Juices Pancake Syrup	

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LUNCH

SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT

October, 2019

9-12

Robert L. Merritt & High Schools

-Assorted Milk Offered Daily

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Corn Dog Chef Salad Whole Wheat Roll Tuna Salad Sandwich Baked Beans Southern Collard Greens	**2** Chicken Spaghetti Chef Salad Yeast Roll Green Beans Steamed Spinach Tomatoes w/ Dip	**3** Seasoned Baked Chicken Chef Salad Whole Wheat Roll Steamed Cabbage Seasoned Lima Beans Pineapple Tidbits	**4** Hamburger w/ Trimmings Chef Salad Whole Wheat Roll Oven Baked Potato Wedges Whole Kernel Corn Baby Carrots
7 Fall Break	**8** Fall Break	**9** Chicken Patty Sandwich Grilled Chicken Salad Chef Salad Crispy Sweet Potato Cubes California Veggies Chilled Peach Slices	**10** Red Beans and Rice w/ Sausage Tuna Salad w/ Crackers Chef Salad Whole Wheat Roll Seasoned Lima Beans	**11** Sloppy Joe on Bun Chef Salad Whole Wheat Roll Quick Baked Potato Whole Kernel Corn Fruit Cocktail
14 Cheesy Chicken over Rice Chef Salad Mashed Potatoes Southern Turnip Greens Baby Carrots Fresh Pears	**15** BBQ Pulled Pork Burger Tuna Salad with Crackers Chef Salad Baked Beans Raw Veggies with Dip Corn on the Cob	**16** Spaghetti & Meat Sauce Chef Salad Black-Eyed Peas Steamed Broccoli Florets Tomatoes with Dip Pineapple Tidbits	**17** Turkey & Cheese Hoagie Tuna Salad with Crackers Chef Salad Quick Baked Potato Steamed Broccoli Florets Chilled Peach Slices	**18** Hamburger w/ Trimmings Chef Salad Oven Baked Potato Wedges Whole Kernel Corn Fruit Cocktail Baby Carrots
21 Chicken Nuggets Chef Salad Black-Eyed Peas Southern Turnip Greens Macaroni and Cheese Fresh Pears	**22** Turkey & Cheese Hoagie Tuna Salad w/ Crackers Chef Salad Quick Baked Potato Steamed Broccoli Florets Fresh Apples	**23** Chicken Spaghetti Chef Salad Yeast Roll Green Beans Steamed Spinach Tomatoes w/ Dip	**24** Spicy Chicken Sandwich Grilled Chicken Sandwich Chef Salad Oven Baked Potato Wedges Lima Beans Fresh Grapes	**25** Pepperoni Pizza Wedge Sausage Pizza Chef Salad Corn on the Cob Black- Eyed Peas Fruit Slushes
28 BBQ Pulled Pork Burger Tuna Salad with Crackers Chef Salad Baked Beans Raw Veggies with Dip Corn on the Cob	**29** Mandarin Chicken Chef Salad Steamed Cabbage Seasoned Lima Beans Tomatoes with Dip Stir Fried Rice	**30** Spaghetti & Meat Sauce Chef Salad Black-Eyed Peas Steamed Broccoli Florets Tomatoes with Dip Fresh Pears	**31** Turkey & Cheese Hoagie Tuna Salad with Crackers Chef Salad Quick Baked Potato Steamed Broccoli Florets Fresh Oranges	

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BREAKFAST

SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT

October, 2019

9-12

Robert L. Merritt Junior High & High Schools

-Assorted Milk Offered Daily

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Southern Biscuit Breakfast Chicken Patty Fresh Apples Assorted Fruit Juices	**2** Southern Biscuit Sausage Patty Assorted Cold Cereals Assorted Muffin Loave Assorted Fruit Juices Apple and Orange Wedges	**3** Pancake Scrambled Eggs Fresh Bananas Assorted Fruit Juices Pancake Syrup	**4** Assorted Cold Cereals Apple Frudel Cherry Frudel Fresh Oranges Assorted Fruit Juices
7 Fall Break	**8** Fall Break	**9** Sausage & Pancake on a Stick Yogurts and Muffins Chilled Peach Slices Assorted Fruit Juices	**10** French Toast Sticks Chilled Pear Halves Fresh Bananas Pancake Syrup	**11** Southern Biscuit Scrambled Eggs Hot Grits Fresh Apples Assorted Jellies
14 Breakfast Sausage Pizza Banana Breakfast Bread Applesauce Fresh Oranges	**15** Southern Biscuit Breakfast Chicken Patty Fresh Apples Assorted Fruit Juices	**16** Southern Biscuit Sausage Patty Assorted Cold Cereals Assorted Muffin Loave Assorted Fruit Juices Apple and Orange Wedges	**17** Pancake Scrambled Eggs Fresh Bananas Assorted Fruit Juices Pancake Syrup	**18** Assorted Cold Cereals Assorted Muffin Loave Apple Frudel Fresh Oranges Chilled Diced Pears
21 Sausage & Pancake on a Stick Chilled Peach Slices Assorted Fruit Juices	**22** Assorted Cold Cereals Assorted Muffin Loave Banana Breakfast Bread Fresh Oranges Applesauce	**23** Southern Biscuit Scrambled Eggs Hot Grits Fresh Apples Assorted Fruit Juices	**24** French Toast Sticks Chilled Pear Halves Fresh Bananas Pancake Syrup	**25** Assorted Cold Cereal Assorted Muffin Loave Apple Frudel Fresh Oranges Chilled Diced Pears
28 Breakfast Sausage Pizza Assorted Cold Cereals Oat WG Cereal Bar Assorted Muffin Loave Applesauce Fresh Oranges	**29** Southern Biscuit Breakfast Chicken Patty Fresh Apples Assorted Fruit Juices	**30** Southern Biscuit Sausage Patty Assorted Cold Cereals Assorted Muffin Loave Assorted Fruit Juices Apple and Orange Wedges	**31** Pancake Scrambled Eggs Fresh Bananas Assorted Fruit Juices Pancake Syrup	

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SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT

September, 2019

PreK Snack Menu

IES, ESE, MCE, & AWJ

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Baby Carrots Low Fat Milk	2 String Cheese Saltine Crackers	3 Fresh Bananas Low Fat Milk	4 Graham Crackers Fat Free Milk
7 Fall Break	8 Fall Break	9 Blueberry Muffin Loaf Assorted Fruit Juices	10 String Cheese Saltine Crackers	11 Graham Crackers Low Fat Milk
14 Baby Carrots Low Fat Milk	15 Mini Saltine Crackers Low Fat Milk	16 String Cheese Saltine Crackers	17 Blueberry Muffin Loaf Assorted Fruit Juices	18 Fresh Bananas Low Fat Milk
21 Graham Crackers Low Fat Milk	22 String Cheese Saltine Crackers	23 Baby Carrots Low Fat Milk	24 Blueberry Muffin Loaf Assorted Fruit Juices	25 Fresh Bananas Low Fat Milk
28 Baby Carrots Low Fat Milk	29 String Cheese Saltine Crackers	30 Fresh Bananas Low Fat Milk	31 Graham Crackers Low Fat Milk	

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LUNCH

SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT

October, 2019

PreK

ESE, IES, MCE, & AWJ

-Low Fat Milk Offered Daily

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Tuna Salad Sandwich Baked Beans Applesauce	**2** Chicken Spaghetti Steamed Spinach Chilled Diced Pears Yeast Roll	**3** Seasoned Baked Chicken Steamed Cabbage Chilled Peach Slices Cornbread	**4** Hamburger w/ Trimmings Oven Baked Potato Wedges Fresh Oranges
7 Fall Break	**8** Fall Break	**9** Chicken Patty Sandwich California Veggies Fresh Pears	**10** Red Beans and Rice with Sausage Seasoned Lima Beans Chilled Diced Pears Whole Wheat Roll	**11** Sloppy Joe on Bun Whole Kernel Corn Fruit Cocktail
14 Cheesy Chicken over Rice Mixed Vegetables Chilled Pear halves Yeast Roll	**15** BBQ Pulled Pork Burger Oven Baked Potato Wedges Fresh Apples	**16** Spaghetti & Meat Sauce Steamed Spinach Chilled Diced Pears Whole Wheat Garlic Toast	**17** Turkey & Cheese Hoagie Steamed Broccoli Florets Applesauce	**18** Pepperoni Pizza Wedge Corn on the Cob Southern Mustard Greens Fresh Oranges Chilled Peach Slices
21 Turkey & Cheese Hoagie Quick Baked Potato Southern Collard Greens Baby Carrots w/ Dressing Fresh Melon Cubes Chille Pear Halves	**22** Turkey & Cheese Hoagie Quick Baked Potato Applesauce	**23** Chicken Spaghetti Green Beans Fruit Cocktail Yeast Roll	**24** Grilled Chicken Sandwich Mixed Vegetables Fresh Melon Cubes	**25** Pepperoni Pizza Wedge Southern Mustard Greens Chilled Peach Slices
28 BBQ Pulled Pork Burger Baby Carrots Chilled Pear Halves	**29** Mandarin Chicken Steamed Cabbage Fresh Apples Hushpuppies	**30** Spaghetti & Meat Sauce Black- Eyed Peas Pineapple Tidbits Whole Wheat Garlic Toast	**31** Turkey & Cheese Hoagie Steamed Broccoli Florets Fresh Bananas	

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BREAKFAST

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October, 2019
PreK
IES, ESE, MCE, & AWJ

-Low Fat Milk Offered Daily

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Southern Biscuit Breakfast Chicken Patty Fresh Apples	2 Southern Biscuit Sausage Patty Fresh Oranges	3 Pancake Scrambled Eggs Fresh Bananas	4 Assorted Muffin Loave Chilled Diced Pears
7 Fall Break	8 Fall Break	9 Sausage & Pancake on a Stick Chilled Peach Slices	10 French Toast Sticks Fresh Bananas	11 Southern Biscuit Scrambled Eggs Chilled Diced Pears
14 Breakfast Sausage Pizza Applesauce	15 Southern Biscuit Breakfast Chicken Patty Fresh Apples	16 Southern Biscuit Sausage Patty Applesauce	17 Pancake Scrambled Eggs Fresh Bananas	18 Assorted Muffin Loave Chilled Diced Pears
21 Sausage & Pancake on a Stick Chilled Peach Slices	22 Assorted Muffin Loave Applesauce	23 Southern Biscuit Scrambled Eggs Fresh Apples	24 French Toast Sticks Chilled Pear Halves	25 Assorted Muffin Loave Fresh Oranges
28 Assorted Muffin Loave Chilled Diced Pears	29 Southern Biscuit Breakfast Chicken Patty Fresh Apples	30 Southern Biscuit Sausage Patty Chilled Peach Slices	31 Pancake Scrambled Eggs Fresh Bananas	

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