



SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT

January, 2020

K-8

Elementary & Middle Schools

-Assorted Milk Offered Daily

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

Monday

Tuesday

Wednesday

Thursday

Friday

Teacher Work Day

Stuffed Crust Pizza
Chef Salad
Whole Wheat Roll
Whole Kernel Corn
Southern Collard Greens
Pineapple Tidbits

MLK Holiday

Chicken Tenders
Chef Salad
Whole Wheat Roll
Quick Baked Potato
Whole Kernel Corn
Applesauce

Turkey & Cheese Hoagie
Tuna Salad w/ Crackers
Oven Baked Potato Wedges
Assorted Vegetable Juices
Chilled Pear Halves
Fruit Slushes

Red Beans & Rice w/
Sausage
Tuna Salad with Crackers
Chef Salad
California Veggies
Chilled Diced Pears

Manager's Choice

Glazed Meatballs on a
Hoagie Bun
Chef Salad
Baked Beans
Baby Carrots w/ Dressing
Pineapple Tidbits

Schools Closed

Chicken Nuggets
Tuna Salad Sandwich
Black-Eyed Peas
Mashed Potatoes
Chilled Peach Slices
Assorted Fruit Juices

Seasoned Baked Chicken
Chef Salad
Saltine Crackers
Mashed Potatoes
Seasoned Lima Beans
Chilled Peach Slices

Manager's Choice

Chicken and Dumplings
Chef Salad
Yeast Roll
Seasoned Green Beans
Tomatoes w/ Dip
Fresh Apples

Schools Closed

Vegetable Soup & Sandwich
Combo
Chef Salad
Saltine Crackers
Whole Kernel Corn
Baked Sweet Potato

Spaghetti & Meat Sauce
Chef Salad
Yeast Roll
Black-Eyed Peas
Steamed Broccoli Florets
Fruit Cocktail

Manager's Choice

Cheesy Chicken Over Rice
Chef Salad
Saltine Crackers
Southern Collard Greens
Mixed Vegetables
Chilled Peach Slices

Schools Closed

Spicy Chicken Sandwich
Grilled Chicken Sandwich
Chef Salad
Yeast Roll
Quick Baked Potato
Fresh Grapes

Sloppy Joe on Bun
Chef Salad
Whole Wheat Roll
Quick Baked Potato
Corn on the Cob
Fresh Oranges

Hamburger w/Trimming
Chef Salad
Whole Wheat Roll
Oven Baked Potato Wedges
Fruit Cocktail
Fresh Pears

Chili Cheese over chips
Loaded Baked Potato with
Chicken and Ham
Chef Salad
Corn on the Cob
Fruit Cocktail

Good Nutrition is our Mission!

Menus are subject to change.

This institution is an equal opportunity provider



PAY FOR MEALS ONLINE

MySchoolBucks.com

Monday
Tuesday
Wednesday
Thursday
Friday

Teacher Work Day

6

 Assorted Cold Cereals
Assorted Muffin Loave
Strawberry Toaster Pastry
Assorted Fruit Juices
Chilled Pear Halves

7

Schools Closed

1

 Southern Biscuit
Breakfast Chicken Patty
Applesauce
Assorted Fruit Juices
Assorted Jellies

8

Schools Closed

2

 Pancakes
Scrambled Eggs
Fresh Oranges
Chilled Pear Halves
Pancake Syrup

9

Schools Closed

3

 Southern Biscuit
Sausage Patty
Assorted Cold Cereals
Assorted Muffin Loave
Applesauce
Fresh Grapefruit Halve

10

 Bagel w/Sausage & Grav
Yogurts and Muffins
Fresh Oranges
Applesauce

13

 Sausage & Pancake on a
Stick
Chilled Peach Slices
Fresh Apples

14

 Assorted Cold Cereals
Assorted Muffin Loave
Apple Frudel
Fresh Bananas
Chilled Pear Halves

15

 French Toast Sticks
Assorted Fruit Juices
Chilled Peach Slices
Pancake Syrup

16

 Southern Biscuit
Bacon Strips
Scrambled Eggs
Hot Grits
Assorted Fruit Juices

17

MLK Holiday

20

 Breakfast Burrito
Cinnamon Rolls
Assorted Fruit Juices
Apple and Orange Wedges

21

 Southern Biscuit
Breakfast Chicken Patty
Fresh Pears
Applesauce

22

 Southern Biscuit
Sausage Patty
Assorted Cold Cereals
Assorted Muffin Loave
Fresh Orange Smiles
Chilled Diced Pears

23

 Pancakes
Scrambled Eggs
Fresh Bananas
Assorted Fruit Juices
Pancake Syrup

24

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

27

 Pancakes
Scrambled Eggs
Fresh Oranges
Chilled Pear Halves
Pancake Syrup

28

 Southern Biscuit
Sausage Patty
Assorted Cold Cereals
Assorted Muffin Loave
Applesauce
Fresh Grapefruit Halve

29

 Breakfast Sausage Pizza
Assorted Cold Cereals
Fruit Flavor Cereal Bar
Assorted Muffin Loave
Chilled Peach Slices
Assorted Fruit Juices

30

 Assorted Cold Cereals
Assorted Muffin Loave
Strawberry Toaster Pastry
Fresh Oranges
Chilled Pear Halves

31

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BREAKFAST

SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT

January, 2020

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

Teacher Work Day

6

Assorted Cold Cereals
Assorted Muffin Loave
Chocolate Toaster Pastry
Assorted Fruit Juices
Chilled Pear Halves

7

Schools Closed

1

Schools Closed

2

Schools Closed

3

Pancakes
Scrambled Eggs
Fresh Oranges
Chilled Pear Halves
Pancake Syrup

9

Southern Biscuit
Sausage Patty
Assorted Cold Cereals
Assorted Muffin Loave
Applesauce
Fresh Grapefruit Halve

10

Bagel w/Sausage & Grav
Yogurts and Muffins
Fresh Oranges
Applesauce

13

Sausage & Pancake on a
Stick
Chilled Peach Slices
Fresh Apples

14

Assorted Cold Cereals
Assorted Muffin Loave
Apple Frudel
Fresh Bananas
Chilled Pear Halves

15

French Toast Sticks
Assorted Fruit Juices
Chilled Peach Slices
Pancake Syrup

16

Southern Biscuit
Bacon Strips
Scrambled Eggs
Hot Grits
Assorted Fruit Juices
Fresh Oranges

17

MLK Holiday

20

Cheesy Breadstick
Cinnamon Rolls
Assorted Fruit Juices
Apple and Orange Wedges

21

Southern Biscuit
Breakfast Chicken Patty
Fresh Pears
Applesauce

22

Southern Biscuit
Sausage Patty
Assorted Cold Cereals
Assorted Muffin Loave
Fresh Orange Smiles
Chilled Diced Pears

23

Pancakes
Cheesee Omelet
Fresh Bananas
Assorted Fruit Juices
Pancake Syrup

24

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

27

Mini Pancakes in a Bag
Scrambled Eggs
Fresh Oranges
Chilled Pear Halves
Pancake Syrup

28

Southern Biscuit
Sausage Patty
Assorted Cold Cereals
Assorted Muffin Loave
Applesauce
Fresh Grapefruit Halve

29

Breakfast Sausage Pizza
Assorted Breakfast Bread
Chilled Peach Slices
Assorted Fruit Juices

30

Assorted Cold Cereals
Assorted Muffin Loave
Chocolate Toaster Pastry
Fresh Oranges
Chilled Pear Halves

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SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT

January, 2020

9-12

Robert L. Merritt Junior High School & High Schools

-Assorted Milk Offered Daily

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

Monday

Tuesday

Wednesday

Thursday

Friday

Schools Closed

1

Schools Closed

2

Schools Closed

3

Teacher Work Day

6

Turkey & Cheese Hoagie
Tuna Salad w/ Crackers
Oven Baked Potato Wedges
Assorted Vegetable Juices
Chilled Pear Halves
Fruit Slushes

7

Chicken Nuggets
Tuna Salad Sandwich
Black-Eyed Peas
Mashed Potatoes
Chilled Peach Slices
Assorted Fruit Juices

8

Vegetable Soup & Sandwich
Combo
Chef Salad
Saltine Crackers
Whole Kernel Corn
Baked Sweet Potato

9

Spicy Chicken Sandwich
Grilled Chicken Sandwich
Chef Salad
Yeast Roll
Oven Baked Potato Wedges
Fresh Grapes

10

Stuffed Crust Pizza
Chef Salad
Whole Wheat Roll
Whole Kernel Corn
Southern Collard Greens
Pineapple Tidbits

13

Red Beans & Rice w/
Sausage
Chef Salad
Saltine Crackers
California Veggies
Chilled Diced Pears

14

Seasoned Baked Chicken
Chef Salad
Saltine Crackers
Mashed Potatoes
Seasoned Lima Beans
Chilled Peach Slices

15

Spaghetti & Meat Sauce
Chef Salad
Yeast Roll
Black-Eyed Peas
Steamed Broccoli Florets
Fruit Cocktail

16

Sloppy Joe on Bun
Chef Salad
Whole Wheat Roll
Quick Baked Potato
Corn on the Cob
Fresh Oranges

17

MLK Holiday

20

Manager's Choice

21

Manager's Choice

22

Manager's Choice

23

Hamburger w/Trimming
Chef Salad
Whole Wheat Roll
Oven Baked Potato Wedges
Fruit Cocktail
Fresh Pears

24

Chicken Tenders
Chef Salad
Whole Wheat Roll
Quick Baked Potato
Whole Kernel Corn
Applesauce

27

Glazed Meatballs on a
Hoagie Bun
Chef Salad
Baked Beans
Baby Carrots w/ Dressing
Pineapple Tidbits

28

Chicken and Dumplings
Chef Salad
Yeast Roll
Seasoned Green Beans
Tomatoes w/ Dip
Fresh Apples

29

Cheesy Chicken Over Rice
Chef Salad
Saltine Crackers
Southern Collard Greens
Mixed Vegetables
Chilled Peach Slices

30

Chili Cheese over chips
Loaded Baked Potato with
Chicken and Ham
Chef Salad
Corn on the Cob
Fruit Cocktail

31

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SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT
January, 2020
Pre- K
ESE, IES, MCE, & AWJ

-Assorted Milk Offered Daily

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

Monday

Tuesday

Wednesday

Thursday

Friday

Schools Closed

1

Schools Closed

2

Schools Closed

3

Teacher Work Day

6

Turkey & Cheese Hoagie
Oven Baked Potato Wedges
Chilled Pear Halves

7

Chicken Nuggets
Mashed Potatoes
Chilled Peach Slices
Whole Wheat Roll

8

Vegetable Soup & Sandwich
Combo
Baked Sweet Potato w/
Margarine
Fresh Oranges

9

Grilled Chicken Sandwich
Steamed Broccoli Florets
Frozen Fruit Juice Cup

10

Stuffed Crust Pizza
Whole Kernel Corn
Pineapple Tidbits

13

Red Beans & Rice w/
Sausage
California Veggies
Chilled Diced Pears
Whole Wheat Roll

14

Seasoned Baked Chicken
Mashed Potatoes
Chilled Peach Slices
Yeast Roll

15

Spaghetti & Meat Sauce
Steamed Broccoli Florets
Fruit Cocktail
Whole Wheat Garlic Toast

16

Sloppy Joe on Bun
Corn on the Cob
Fresh Oranges

17

MLK Holiday

20

Manager's Choice

21

Manager's Choice

22

Manager's Choice

23

Hamburger w/Trimming
Oven Baked Potato Wedges
Fresh Pears

24

Chicken Tenders
Whole Kernel Corn
Applesauce

27

Glazed Meatballs on a
Hoagie Bun
Baked Beans
Pineapple Tidbits

28

Chicken and Dumplings
Seasoned Green Beans
Fresh Apples
Yeast Roll

29

Cheesy Chicken Over Rice
Mixed Vegetables
Chilled Peach Slices
Yeast Roll

30

Loaded Baked Potato with
Chicken and Ham
Steamed Broccoli Spears
Fresh Bananas

31

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BREAKFAST

SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT

January, 2020

Pre- K

ESE, IES, MCE, & AWJ

-Assorted Milk Offered Daily

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

Monday

Tuesday

Wednesday

Thursday

Friday

Teacher Work Day

6

Assorted Cold Cereals
Assorted Muffin Loave
Chilled Pear Halves

7

Schools Closed

1

Schools Closed

2

Schools Closed

3

Southern Biscuit
Breakfast Chicken Patty
Applesauce

8

Pancakes
Scrambled Eggs
Fresh Oranges

9

Southern Biscuit
Sausage Patty
Applesauce

10

Bagel w/Sausage & Gravy
Fresh Oranges

13

Sausage & Pancake on a
Stick
Chilled Peach Slices

14

Assorted Muffin Loave
Fresh Bananas

15

French Toast Sticks
Chilled Peach Slices

16

Southern Biscuit
Scrambled Eggs
Hot Grits
Fresh Oranges

17

MLK Holiday

20

Breakfast Burrito
Apple and Orange Wedges

21

Southern Biscuit
Breakfast Chicken Patty
Applesauce

22

Southern Biscuit
Sausage Patty
Fresh Orange Smiles

23

Pancakes
Scrambled Eggs
Fresh Bananas

24

Southern Biscuit
Breakfast Chicken Patty
Fresh Apples

27

Mini Pancakes in a Bag
Scrambled Eggs
Fresh Oranges

28

Southern Biscuit
Sausage Patty
Applesauce

29

Breakfast Sausage Pizza
Chilled Peach Slices

30

Assorted Muffin Loave
Fresh Oranges

31

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