

SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT

-Assorted Milk Offered Daily

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

LUNCH

September, 2019
K-8

Elementary & Middle Schools

Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day	3 BBQ Pulled Pork Burger Tuna Salad w/ Crackers Saltine Crackers Chef Salad Whole Wheat Roll Baked Beans	4 Spaghetti & Meat Sauce Chef Salad Yeast Roll Black-Eyed Peas Steamed Broccoli Florets Tomatoes w/ Dip	5 Spicy Chicken Sandwich Grilled Chicken Sandwich Chef Salad Oven Baked Potato Wedges Yeast Roll Mixed Vegetables	6 Pepperoni Pizza Wedge Tuna Salad Sandwich Chef Salad Corn on the Cob Southern Mustard Greens Tomatoes w/ Dip
9 Corn Dog Nuggets Chef Salad Tuna Salad with Crackers Baked Beans Southern Collard Greens Baby Carrots w/ Dressing	10 Chicken Spaghetti Chef Salad Green Beans Steamed Spinach Tomatoes w/ Dip Yeast Roll	11 Seasoned Baked Chicken Chef Salad Steamed Cabbage Seasoned Lima Beans Tomatoes w/ Dip Whole Wheat Roll	12 Turkey & Cheese Hoagie Tuna Salad with Crackers Quick Baked Potato Steamed Broccoli Florets Tomatoes w/ Dip Whole Wheat Roll	13 Hamburger w/ Trimming Chef Salad Oven Baked Potato Wedges Seasoned Lima Beans Baby Carrots Chilled Pear Halves
16 Glazed BBQ Meatballs or Hoagie Bun Chef Salad Baked Beans Steamed Spinach Baby Carrots w/ Dressing	17 John Wayne Casserole Chef Salad Seasoned Whole Green Beans Black-Eyed Peas Raw Veggies w/ Dip	18 Chicken Patty Sandwich Chef Salad Crispy Sweet Potato Cubes California Veggies Tomatoes w/ Dip Whole Wheat Roll	19 Red Beans and Rice w/ Sausage Tuna Salad w/ Crackers Chef Salad Seasoned Lima Beans Whole Wheat Roll	20 Sloppy Joe on Bun Chef Salad Quick Baked Potato Whole Kernel Corn Tomatoes w/ Dip Whole Wheat Roll
23 Chicken Fajitas Chips Tuna Salad w/ Crackers Chef Salad Whole Kernel Corn Southern Turnip Greens	24 BBQ Pulled Pork Burger Tuna Salad w/ Crackers Chef Salad Baked Beans Tomatoes w/ Dip Whole Wheat Roll	25 Spaghetti & Meat Sauce Chef Salad Black-Eyed Peas Steamed Broccoli Florets Tomatoes w/ Dip Yeast Roll	26 Chicken and Dumpling Chef Salad Southern Collard Greens Tomatoes w/ Dip Mixed Vegetables Yeast Roll	27 Pepperoni Pizza Wedge Tuna Salad Sandwich Chef Salad Corn on the Cob Southern Mustard Greens Tomatoes w/ Dip
30 Turkey & Cheese Hoagie Tuna Salad w/ Crackers Chef Salad Quick Baked Potato Steamed Broccoli Florets Whole Wheat Roll				



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SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT

September, 2019
 PreK Snack Menu
 IES, ESE, MCE, & AWJ

Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day	3 Baby Carrots Low Fat Milk	4 String Cheese Saltine Crackers	5 Fresh Bananas Low Fat Milk	6 Mini Saltine Crackers Low Fat Milk
9 Baby Carrots Low Fat Milk	10 Mini Saltine Crackers Low Fat Milk	11 String Cheese Saltine Crackers	12 Blueberry Muffin Loaf Assorted Fruit Juices	13 Fresh Bananas Low Fat Milk
16 Blueberry Muffin Loaf Assorted Fruit Juices	17 Baby Carrots Low Fat Milk	18 String Cheese Saltine Crackers	19 Fresh Bananas Low Fat Milk	20 Mini Saltine Crackers Low Fat Milk
23 Baby Carrots Low Fat Milk	24 Mini Saltine Crackers Low Fat Milk	25 String Cheese Saltine Crackers	26 Blueberry Muffin Loaf Assorted Fruit Juices	27 Fresh Bananas Low Fat Milk
30 Blueberry Muffin Loaf Assorted Fruit Juices				



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SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT September, 2019 PreK IES, ESE, MCE, & AWJ				
Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day	3 Banana Muffin Applesauce Low Fat Milk	4 Southern Biscuit Scrambled Eggs Pineapple Tidbits Low Fat Milk	5 French Toast Sticks Fresh Oranges Low Fat Milk	6 Assorted Muffin Loave Fresh Bananas Low Fat Milk
9 Breakfast Sausage Pizza Applesauce Low Fat Milk	10 Southern Biscuit Breakfast Chicken Patty Fresh Apples Low Fat Milk	11 Southern Biscuit Sausage Patty Fresh Oranges Low Fat Milk	12 Pancake Scrambled Eggs Fresh Bananas Low Fat Milk	13 Assorted Muffin Loave Chilled Diced Pears Low Fat Milk
16 Pancake Chilled Peach Slices Low Fat Milk	17 Assorted Muffin Loave Applesauce Low Fat Milk	18 Southern Biscuit Scrambled Eggs Fresh Apples Low Fat Milk	19 French Toast Sticks Chilled Pear Halves Low Fat Milk	20 Assorted Muffin Loave Chilled Diced Pears Low Fat Milk
23 Sausage & Pancake on a Stick Chilled Peach Slices Low Fat Milk	24 Banana Muffin Applesauce Low Fat Milk	25 Southern Biscuit Scrambled Eggs Pineapple Tidbits Low Fat Milk	26 French Toast Sticks Fresh Oranges Low Fat Milk	27 Assorted Muffin Loave Fresh Bananas Low Fat Milk
30 Breakfast Sausage Pizza Applesauce Low Fat Milk				

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



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SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT

September, 2019

PreK

ESE, IES, MCE, & AWJ

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

Monday

Labor Day

2

Quick Baked Potato
Southern Collard Greens
Baby Carrots w/ Dressing
Fresh Melon Cubes
Chilled Pear Halves

Tuesday

3

BBQ Pulled Pork Burger
Oven Baked Potato Wedges
Fresh Apples

Wednesday

4

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

Thursday

5

Grilled Chicken Sandwich
Mixed Vegetables
Fresh Melon Cubes
Mayonnaise
Ketchup
Mustard

Friday

6

Pepperoni Pizza Wedge
Corn on the Cob
Southern Mustard Greens
Fresh Oranges
Chilled Peach Slices

9

Corn Dog Nuggets
Quick Baked Potato
Southern Collard Greens
Baby Carrots w/ Dressing
Fresh Melon Cubes
Chilled Pear Halves

10

Chicken Spaghetti
Steamed Spinach
Chilled Diced Pears
Yeast Roll

11

Seasoned Baked Chicken
Steamed Cabbage
Seasoned Lima Beans
Chilled Peach Slices
Cornbread

12

Turkey & Cheese Hoagie
Steamed Broccoli Florets
Tomatoes w/ Dip
Chilled Peach Slices
Fresh Bananas

13

Hamburger w/ Trimming
Oven Baked Potato Wedges
Baby Carrots
Chilled Pear Halves
Fresh Oranges

Monday

16

BBQ Chicken Sandwich
Tuna Salad Sandwich
Baked Beans
Steamed Spinach
Baby Carrots w/ Dressing
Fresh Pears

Tuesday

17

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

Wednesday

18

Chicken Patty Sandwich
Crispy Sweet Potato Cubes
California Veggies
Assorted Fruit Juices
Fresh Pears

Thursday

19

Red Beans and Rice w/
Sausage
Seasoned Lima Beans
Tomatoes with Dip
Chilled Diced Pears
Fresh Apples

Friday

20

Sloppy Joe on Bun
Quick Baked Potato
Whole Kernel Corn
Tomatoes w/ Dip
Fruit Cocktail
Fresh Oranges

23

Chicken Fajitas
Whole Kernel Corn
Southern Turnip Greens
Fresh Apples
Fruit Cocktail

24

BBQ Pulled Pork Burger
Oven Baked Potato Wedges
Fresh Apples

Thursday

25

Spaghetti & Meat Sauce
Steamed Spinach
Chilled Diced Pears
Whole Wheat Garlic Toast

Friday

26

Chicken and Dumpling
Mixed Vegetables
Fresh Melon Cubes
Cornbread

27

Pepperoni Pizza Wedge
Corn on the Cob
Southern Mustard Greens
Fresh Oranges
Chilled Peach Slices

30

Turkey & Cheese Hoagie
Quick Baked Potato
Southern Collard Greens
Baby Carrots w/ Dressing
Fresh Melon Cubes
Chilled Pear Halves



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BREAKFAST

SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT

September, 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
2 Labor Day	3 Sausage & Pancake on a Stick Chilled Peach Slices Assorted Fruit Juices Pancake Syrup	4 Assorted Cold Cereal Assorted Muffin Loave Yogurts and Muffins Fresh Apples Applesauce	5 Southern Biscuit Scrambled Eggs Hot Grits Fresh Apples Pineapple Tidbits Assorted Jellies	6 French Toast Sticks Chilled Pear Halves Fresh Oranges Pancake Syrup
9 Breakfast Sausage Pizza Assorted Cold Cereals Oat WG Cereal Bar Assorted Muffin Loave Applesauce Fresh Oranges	10 Southern Biscuit Breakfast Chicken Patty Fresh Apples Assorted Fruit Juices Assorted Jellies	11 Southern Biscuit Sausage Patty Assorted Cold Cereals Assorted Muffin Loave Assorted Fruit Juices Apple and Orange Wedges	12 Pancake Scrambled Eggs Fresh Bananas Assorted Fruit Juices Pancake Syrup	13 Assorted Cold Cereals Assorted Muffin Loave Strawberry Toaster Pastry Fresh Oranges Chilled Diced Pears
16 Sausage & Pancake on a Stick Chilled Peach Slices Assorted Fruit Juices Pancake Syrup	17 Assorted Cold Cereals Assorted Muffin Loave Banana Breakfast Bread Fresh Oranges Applesauce	18 Southern Biscuit Scrambled Eggs Hot Grits Fresh Apples Assorted Fruit Juices Assorted Jellies	19 French Toast Sticks Chilled Pear Halves Fresh Bananas Pancake Syrup	20 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	24 Assorted Cold Cereals Assorted Muffin Loave Yogurts and Muffins Fresh Oranges Applesauce	25 Southern Biscuit Scrambled Eggs Hot Grits Fresh Apples Pineapple Tidbits	26 French Toast Sticks Chilled Pear Halves Fresh Oranges Pancake Syrup	27 Assorted Cold Cereals Assorted Muffin Loave Strawberry Toaster Pastry Fresh Melon Cubes Fresh Bananas
30 Breakfast Sausage Pizza Assorted Cold Cereals Oat WG Cereal Bar Assorted Muffin Loave Applesauce Fresh Oranges				



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BREAKFAST

SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT
 September, 2019
 K-8
 Elementary & Middle Schools

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day	3 Sausage & Pancake on a Stick Chilled Peach Slices Assorted Fruit Juices Pancake Syrup	4 Assorted Cold Cereal Assorted Muffin Loave Yogurts and Muffins Fresh Apples Applesauce	5 Southern Biscuit Scrambled Eggs Hot Grits Fresh Apples Pineapple Tidbits	6 French Toast Sticks Chilled Pear Halves Fresh Oranges Pancake Syrup
9 Breakfast Sausage Pizza Assorted Cold Cereals Oat WG Cereal Bar Assorted Muffin Loave Applesauce	10 Southern Biscuit Breakfast Chicken Patty Fresh Apples Assorted Fruit Juices Assorted Jellies	11 Southern Biscuit Sausage Patty Assorted Cold Cereals Assorted Muffin Loave Apple and Orange Wedges	12 Pancake Scrambled Eggs Fresh Bananas Assorted Fruit Juices Pancake Syrup	13 Assorted Cold Cereals Assorted Muffin Loave Strawberry Toaster Pastry Fresh Oranges Chilled Diced Pears
16 Sausage & Pancake on a Stick Chilled Peach Slices Assorted Fruit Juices Pancake Syrup	17 Assorted Cold Cereals Assorted Muffin Loave Banana Breakfast Bread Fresh Oranges Applesauce	18 Southern Biscuit Scrambled Eggs Hot Grits Fresh Apples Assorted Fruit Juices	19 French Toast Sticks Chilled Pear Halves Fresh Bananas Pancake Syrup	20 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	24 Assorted Cold Cereals Assorted Muffin Loave Yogurts and Muffins Fresh Oranges Applesauce	25 Southern Biscuit Scrambled Eggs Hot Grits Fresh Apples Pineapple Tidbits	26 French Toast Sticks Chilled Pear Halves Fresh Oranges Pancake Syrup	27 Assorted Cold Cereals Assorted Muffin Loave Strawberry Toaster Pastry Fresh Melon Cubes Fresh Bananas
30 Breakfast Sausage Pizza Assorted Cold Cereals Oat WG Cereal Bar Assorted Muffin Loave Applesauce Fresh Oranges				



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LUNCH

SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT

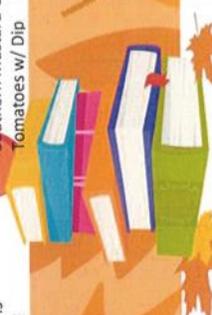
September, 2019

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
2 Labor Day	3 BBQ Pulled Pork Burger Tuna Salad w/ Crackers Chef Salad Yeast Roll Baked Beans Raw Veggies w/ Dip	4 Spaghetti & Meat Sauce Chef Salad Yeast Roll Black-Eyed Peas Steamed Broccoli Florets Tomatoes w/ Dip	5 Spicy Chicken Sandwich Grilled Chicken Sandwich Chef Salad Oven Baked Potato Wedges Yeast Roll Lima Beans	6 Pepperoni Pizza Wedge Sausage Pizza Chef Salad Corn on the Cob Southern Mustard Greens Tomatoes w/ Dip
9 Corn Dog Nuggets Chef Salad Tuna Salad with Crackers Quick Baked Potato Southern Collard Greens Baby Carrots w/ Dressing	10 Chicken Spaghetti Chef Salad Green Beans Steamed Spinach Tomatoes w/ Dip Yeast Roll	11 Seasoned Baked Chicken Chef Salad Steamed Cabbage Seasoned Lima Beans Tomatoes w/ Dip Whole Wheat Roll	12 Turkey & Cheese Hoagie Tuna Salad with Crackers Quick Baked Potato Steamed Broccoli Florets Tomatoes w/ Dip Whole Wheat Roll	13 Hamburger w/ Trimming Chef Salad Oven Baked Potato Wedges Seasoned Lima Beans Baby Carrots Whole Wheat Roll
16 Glazed BBQ Meatballs on Hoagie Bun Chef Salad Baked Beans Steamed Spinach Baby Carrots w/ Dressing	17 John Wayne Casserole Chef Salad Seasoned Whole Green Beans Black-Eyed Peas Raw Veggies w/ Dip	18 Chicken Patty Sandwich Chef Salad Crispy Sweet Potato Cubes California Veggies Tomatoes w/ Dip Whole Wheat Roll	19 Red Beans and Rice w/ Sausage Tuna Salad w/ Crackers Chef Salad Seasoned Lima Beans Whole Wheat Roll	20 Sloppy Joe on Bun Chef Salad Quick Baked Potato Whole Kernel Corn Tomatoes w/ Dip Whole Wheat Roll
23 Chicken Fajitas Chips Tuna Salad w/ Crackers Chef Salad Whole Kernel Corn Southern Turnip Greens	24 BBQ Pulled Pork Burger Tuna Salad w/ Crackers Chef Salad Baked Beans Raw Veggies w/ Dip Black-Eyed Peas	25 Spaghetti & Meat Sauce Chef Salad Black-Eyed Peas Steamed Broccoli Florets Tomatoes w/ Dip Yeast Roll	26 Chicken and Dumpling Chef Salad Southern Collard Greens Tomatoes w/ Dip Lima Beans Yeast Roll	27 Pepperoni Pizza Wedge Sausage Pizza Chef Salad Corn on the Cob Southern Mustard Greens Tomatoes w/ Dip
30 Turkey & Cheese Hoagie Tuna Salad w/ Crackers Chef Salad Quick Baked Potato Steamed Broccoli Florets Whole Wheat Roll				



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