

LUNCH**SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT**November, 2019
K-8**Elementary & Middle Schools****Low Fat Milk Offered Daily****-Fresh Fruit, Fresh Fruit Cups,
Assorted Juice and
Condiments Offered Daily****Monday****Tuesday****Wednesday****Thursday****Friday****Corn Dog**
Chef Salad
Tuna Salad Sandwich
Baked Beans
Tossed Salad w/ Dressing
Fresh Apples**4**
Stuffed Crust Pizza
Chef Salad
Saltine Crackers
Whole Kernel Corn
Southern Collard Greens
Baby Carrots w/ Dressing**5**
Turkey and Dressing
Green Beans
Sweet Potato Casserole
Hot Cinnamon Apples
Rolls- Enriched Flour
Whole Wheat Roll**6**
Tuna Salad w/ Crackers
Turkey & Cheese on a Bun
Chef Salad
Quick Baked Potato
Southern Turnip Greens
Tomatoes w/ Dip**7**
BBQ Pulled Pork Burger
Chef Salad
Mashed Potatoes
Black-Eyed Peas
Tomatoes w/ Dip
Whole Wheat Roll**8**
Hamburger w/ Trimmings
Fried Catfish
Chef Salad
Whole Wheat Roll
Oven Baked Potato Wedges
Tossed Salad w/ Dressing
Hushpuppies**1**
Chef Salad
Saltine Crackers
Oven Baked Potato Wedges
Baby Carrots
Fresh Pears**11**
Chicken Nuggets
Chef Salad
Mashed Potatoes
Black-Eyed Peas
Tomatoes w/ Dip
Whole Wheat Roll**12**
Philly Cheese Steak
Sandwich
Chef Salad
Quick Baked Potato
Mixed Vegetables
Cucumber Sticks w/ Dip**13**
Spicy Chicken Sandwich
Grilled Chicken Sandwich
Chef Salad
Saltine Crackers
Oven Baked Potato Wedges
Tomato & Cucumber Slices**14**
Pepperoni Pizza Wedge
Chef Salad
Corn on the Cob
Black-Eyed Peas
Saltine Crackers
Raw Veggies w/ Dip**15**
Mandarin Chicken
Chef Salad
Saltine Crackers
Steamed Cabbage
Seasoned Lima Beans
Pineapple Tidbits**16**
Turkey & Cheese Hoagie
Tuna Salad w/ Crackers
Chef Salad
Quick Baked Potato
Steamed Broccoli Florets
Fruit Slushes**17**
BBQ Pulled Pork Sandwich
Chef Salad
Tuna Salad w/ Crackers
Baked Beans
Confetti Coleslaw
Tossed Salad w/ Dressing**18**
Chicken Patty Sandwich
Tuna Salad w/ Crackers
Chef Salad
Crispy Sweet Potato Cubes
California Veggies
Cucumber Sticks w/ Dip
Fresh Pears**19**
Spaghetti & Meat Sauce
Chef Salad
Black-Eyed Peas
Green Beans
Fruit Cocktail
Fresh Pears**20**
Stuffed Bell Pepper
Stuffed Bell Pepper
Chef Salad
Quick Baked Potato
Steamed Broccoli Florets
Fruit Slushes**21**
Stuffed Bell Pepper
Stuffed Bell Pepper
Chef Salad
Quick Baked Potato
Steamed Broccoli Florets
Fruit Slushes**22**
Stuffed Bell Pepper
Stuffed Bell Pepper
Chef Salad
Quick Baked Potato
Steamed Broccoli Florets
Fruit Slushes**23**
Stuffed Bell Pepper
Stuffed Bell Pepper
Chef Salad
Quick Baked Potato
Steamed Broccoli Florets
Fruit Slushes**24**
Stuffed Bell Pepper
Stuffed Bell Pepper
Chef Salad
Quick Baked Potato
Steamed Broccoli Florets
Fruit Slushes**25**
Stuffed Bell Pepper
Stuffed Bell Pepper
Chef Salad
Quick Baked Potato
Steamed Broccoli Florets
Fruit Slushes**26**
Stuffed Bell Pepper
Stuffed Bell Pepper
Chef Salad
Quick Baked Potato
Steamed Broccoli Florets
Fruit Slushes**27**
Stuffed Bell Pepper
Stuffed Bell Pepper
Chef Salad
Quick Baked Potato
Steamed Broccoli Florets
Fruit Slushes**28**
Stuffed Bell Pepper
Stuffed Bell Pepper
Chef Salad
Quick Baked Potato
Steamed Broccoli Florets
Fruit Slushes**29**
Stuffed Bell Pepper
Stuffed Bell Pepper
Chef Salad
Quick Baked Potato
Steamed Broccoli Florets
Fruit Slushes

Thanksgiving Break

Thanksgiving Break

Thanksgiving Break

Thanksgiving Break

Thanksgiving Break

Good Nutrition is our Mission!

Menus are subject to change.

This institution is an equal opportunity provider

BREAKFAST**SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT**

November, 2019

K-8

Elementary & Middle Schools

-Low Fat Milk Offered Daily**-Fresh Fruit, Fresh Fruit Cups,
Assorted Juice and
Condiments Offered Daily****Monday****Tuesday****Wednesday****Thursday****Friday****Southern Biscuit**
Breakfast Chicken Patty
Fresh Apples
Assorted Fruit Juices
Assorted Jellies**Bagel w/ Sausage &
Gravy**
Yogurts and Muffins
Fresh Oranges
Applesauce**Pancake**
Scrambled Eggs
Fresh Oranges
Chilled Pear Halves
Pancake Syrup**Southern Biscuit**
Sausage Patty
Assorted Cold Cereals
Assorted Muffin Loave
Fresh Grapefruit Half**French Toast**
French Toast Sticks
Chilled Pear Halves
Fresh Bananas
Pancake Syrup**Breakfast Burrito**
Cinnamon Rolls
Assorted Fruit Juices
Apple and Orange Wedges**Southern Biscuit**
Breakfast Chicken Patty
Fresh Pears
Applesauce**French Toast**
French Toast Sticks
Assorted Muffin Loave
Strawberry Toaster Pastry
Chilled Diced Pearts
Fresh Oranges**Breakfast Burrito**
Cinnamon Rolls
Assorted Fruit Juices
Apple and Orange Wedges**Southern Biscuit**
Sausage Patty
Assorted Cold Cereals
Assorted Muffin Loave
Fresh Oranges**French Toast**
French Toast Sticks
Bacon Strips
Scrambled Eggs
Hot Grits
Fresh Oranges**Breakfast Burrito**
Cinnamon Rolls
Assorted Fruit Juices
Apple and Orange Wedges**Southern Biscuit**
Sausage Patty
Assorted Cold Cereals
Assorted Muffin Loave
Fresh Oranges**French Toast**
French Toast Sticks
Assorted Muffin Loave
Apple Frudel
Cherry Frudel
Fresh Grapes**Thanksgiving Break****Thanksgiving Break****Thanksgiving Break**

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BREAKFAST**SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT**

November, 2019

Pre-K

ESE, IES, MCE, & AWJ

-Low Fat Milk Offered Daily**-Fresh Fruit, Fresh Fruit Cups,
Assorted Juice and
Condiments Offered Daily****Monday****Tuesday****Wednesday****Friday****Southern Biscuit
Breakfast Chicken Patty
Fresh Apples
Low Fat Milk****Bagel w/ Sausage &
Gravy
Fresh Oranges
Low Fat Milk****Pancake
Scrambled Eggs
Chilled Pear Halves
Low Fat Milk****Southern Biscuit
Sausage Patty
Applesauce
Low Fat Milk****French Toast Sticks
Chilled Pear Halves
Low Fat Milk****Breakfast Burrito
Chilled Pear Halves
Low Fat Milk****French Toast Sticks
Chilled Diced Pears
Low Fat Milk****Breakfast Sausage Pizza
Chilled Peach Slices
Low Fat Milk****Assorted Muffin Loave
Chilled Diced Pears
Low Fat Milk****Assorted Muffin Loave
Fresh Bananas
Low Fat Milk****Sausage & Pancake on a Stick
Chilled Peach Slices
Low Fat Milk****French Toast Sticks
Chilled Pear Halves
Low Fat Milk****Pancake
Scrambled Eggs
Fresh Bananas
Low Fat Milk****Southern Biscuit
Sausage Patty
Chilled Diced Pears
Low Fat Milk****Thanksgiving Break****French Toast Sticks
Chilled Diced Pears
Low Fat Milk****French Toast Sticks
Chilled Diced Pears
Low Fat Milk****Assorted Muffin Loave
Hot Grits
Fresh Oranges
Low Fat Milk****Southern Biscuit
Hot Grits
Fresh Oranges
Low Fat Milk****Assorted Muffin Loave
Fresh Apples
Low Fat Milk****French Toast Sticks
Chilled Diced Pears
Low Fat Milk****Thanksgiving Break****Thanksgiving Break****French Toast Sticks
Chilled Diced Pears
Low Fat Milk****Assorted Muffin Loave
Hot Grits
Fresh Oranges
Low Fat Milk****Assorted Muffin Loave
Hot Grits
Fresh Oranges
Low Fat Milk****French Toast Sticks
Chilled Diced Pears
Low Fat Milk****Thanksgiving Break****Good Nutrition is our Mission!****Menus are subject to change.****This institution is an equal opportunity provider****PAY FOR MEALS ONLINE
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BUCKS**

LUNCH**SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT**

November, 2019
Pre-K
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**

Beef & Bean Burrito
Baked Beans
Chilled Pear Halves

Snuffed Crust Pizza
Whole Kernel Corn
Pineapple Tidbits

Turkey and Dressing
Green Beans
Sweet Potato Casserole
Hot Cinnamon Apples
Whole Wheat Roll
Cranberry Sauce

Fried Catfish
Oven Baked Potato Wedges
Chilled Peach Slices
Hushpuppies

BBQ Pulled Pork Burger
Baked Beans
Fresh Oranges

Philly Cheese Steak
Sandwich
Mixed Vegetables
Applesauce

Chicken Nuggets
Mashed Potatoes
Chilled Peach Slices
Whole Wheat Roll

Mandarin Chicken
Steamed Cabbage
Fresh Apples
Hushpuppies

BBQ Pulled Pork Burger
Baked Beans
Fresh Oranges

Spaghetti & Meat Sauce
Green Beans
Fruit Cocktail
Whole Wheat Garlic Toast

BBQ Pulled Pork Burger
Baked Beans
Criss Cut Sweet Potato
Fresh Pears

Thanksgiving Break

Thanksgiving Break

Thanksgiving Break

Thanksgiving Break

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BREAKFAST**SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT**

November, 2019

9-12

Robert L. Merritt Junior High School & High Schools

-Assorted Milk Offered Daily

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

Monday**Tuesday****Wednesday****Thursday****Friday**

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

Pancake
Scrambled Eggs
Fresh Oranges
Chilled Pear Halves
Pancake Syrup

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

Sausage & Pancake on a Stick
Chilled Peach Slices
Fresh Apples

Southern Biscuit
Sausage Patty
Assorted Cold Cereals
Assorted Muffin Loave
Fresh Grapefruit Half

Pancake
French Toast Sticks
Chilled Pear Halves
Fresh Bananas
Pancake Syrup

Assorted Cold Cereals
Assorted Muffin Loave
Apple Frudel
Fresh Bananas
Chilled Diced Pears

French Toast Pizza
Banana Breakfast Bread
Chilled Peach Slices
Fresh Grapes

French Toast Sticks
Assorted Fruit Juices
Fresh Grapes
Pancake Syrup

Breakfast Burrito
Cinnamon Rolls
Apple and Orange Wedges
Assorted Fruit Juices

Southern Biscuit
Breakfast Chicken Patty
Fresh Pears
Applesauce

Pancake
Scrambled Eggs
Fresh Bananas
Assorted Fruit Juices

Thanksgiving Break

Thanksgiving Break

Assorted Cold Cereals
Assorted Muffin Loave
Apple Frudel
Cherry Frudel
Fresh Grapes

Thanksgiving Break

Assorted Cold Cereals
Assorted Muffin Loave
Chocolate Toaster Pastry
Assorted Fruit Juices
Fresh Oranges

Southern Biscuit
Scrambled Eggs
Bacon Strips
Hot Grits
Fresh Apples

French Toast Sticks
Assorted Fruit Juices
Fresh Grapes
Pancake Syrup

Pancake
Scrambled Eggs
Fresh Bananas
Assorted Fruit Juices

Assorted Cold Cereals
Assorted Muffin Loave
Apple Frudel
Cherry Frudel
Fresh Grapes

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LUNCH**SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT**

November, 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**

Corn Dog
Chef Salad
Tuna Salad Sandwich
Baked Beans
Tossed Salad w/ Dressing
Whole Wheat Roll

4
Stuffed Crust Pizza
Chef Salad
Saltine Crackers
Corn on the Cob
Southern Collard Greens
Baby Carrots w/ Dressing

5
Turkey and Dressing
Seasoned Whole Green
Beans
Sweet Potato Casserole
Hot Cinnamon Apples
Yeast Rolls

6
Hamburger w/ Trimming
Chef Salad
Saltine Crackers
Oven Baked Potato Wedges
Tossed Salad w/ Dressing
Hushpuppies

BBQ Pulled Pork Burger
Chef Salad
Tuna Salad w/ Crackers
Baked Beans
Confetti Coleslaw
Fresh Oranges

18
Mandarin Chicken
Chef Salad
Saltine Crackers
Steamed Cabbage
Seasoned Lima Beans
Fresh Apples

1
Fried Catfish
Chef Salad
Whole Wheat Roll
Oven Baked Potato Wedges
Tossed Salad w/ Dressing
Hushpuppies

7
Tuna Salad w/ Crackers
Turkey & Cheese on a Bun
Chef Salad
Whole Kernel Corn
Southern Collard Greens
Tomatoes w/ Dip

8
Hamburger w/ Trimming
Chef Salad
Saltine Crackers
Oven Baked Potato Wedges
Seasoned Lima Beans
Fruit Cocktail

13
Spicy Chicken Sandwich
Grilled Chicken Sandwich
Chef Salad
Saltine Crackers
Oven Baked Potato Wedges
Seasoned Lima Beans

14
Pepperoni Pizza Wedge
Sausage Pizza
Chef Salad
Corn on the Cob
Black-Eyed Peas
Saltine Crackers

15
Spicy Chicken Sandwich
Grilled Chicken Sandwich
Chef Salad
Saltine Crackers
Oven Baked Potato Wedges
Seasoned Lima Beans

21
Chicken Patty Sandwich
Grilled Chicken Sandwich
Chef Salad
Crispy Sweet Potato Cubes
California Veggies
Cucumber Sticks with Dip

20
Turkey & Cheese Hoagie
Tuna Salad w/ Crackers
Chef Salad
Quick Baked Potato
Mixed Vegetables
Cucumber Sticks w/ Dip

22
Chicken Patty Sandwich
Grilled Chicken Sandwich
Chef Salad
Crispy Sweet Potato Cubes
California Veggies
Cucumber Sticks with Dip

25
Thanksgiving Break

26
Thanksgiving Break

27
Thanksgiving Break

28
Thanksgiving Break

29
Thanksgiving Break

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