

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

Corn Dog
Chef Salad
Whole Wheat Roll
Tuna Salad Sandwich
Baked Beans
Southern Collard Greens

Fall Break

Tuesday

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

Fall Break

Wednesday

Seasoned Baked Chicken
Chef Salad
Whole Wheat Roll
Steamed Cabbage
Seasoned Lima Beans
Pineapple Tidbits

BBQ Pulled Pork Burger

15
Tuna Salad with Crackers
Chef Salad
Baked Beans
Tomatoes with Dip
Fresh Oranges

Cheesy Chicken over Rice
Chef Salad
Mixed Vegetables
Southern Collard Greens
Chilled Pear Halves
Fresh Melon Cubes

21
Turkey & Cheese Hoagie
Chef Salad
Quick Baked Potato
Steamed Broccoli Florets
Fresh Oranges

28
Mandarin Chicken
Chef Salad
Steamed Cabbage
Seasoned Lima Beans
Tomatoes with Dip
Stir Fried Rice

Thursday

Hamburger w/ Trimmings
Chef Salad
Whole Wheat Roll
Oven Baked Potato Wedges
Whole Kernel Corn
Baby Carrots

Red Beans and Rice w/
Sausage

10
Grilled Chicken Sandwich
Chef Salad
Crispy Sweet Potato Cubes
California Veggies
Chilled Peach Slices

Turkey & Cheese Hoagie
Tuna Salad with Crackers
Chef Salad
Quick Baked Potato
Steamed Broccoli Florets
Tomatoes with Dip

16
Spaghetti & Meat Sauce
Chef Salad
Black-Eyed Peas
Steamed Broccoli Florets
Tomatoes with Dip
Pineapple Tidbits

23
Spicy Chicken Sandwich
Grilled Chicken Sandwich
Chef Salad
Oven Baked Potato Wedges
Mixed Vegetables
Fresh Grapes

Friday

4
Hamburger w/ Trimmings
Chef Salad
Whole Wheat Roll
Oven Baked Potato Wedges
Whole Kernel Corn
Baby Carrots

Sloppy Joe on Bun
Chef Salad

11
Whole Wheat Roll
Quick Baked Potato
Black-Eyed Peas
Fruit Cocktail

17
Hamburger w/ Trimmings
Chef Salad
Whole Wheat Roll
Fruit Cocktail
Baby Carrots

25
Pepperoni Pizza Wedge
Chef Salad
Black-Eyed Peas
Corn on the Cob
Fruit Slushes
Cannisters with Dip

Good Nutrition is our Mission!
Menus are subject to change.
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PAY FOR MEALS ONLINE
MySchoolBucks.com

MY
SCHOOL
BUCKS

SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT

October, 2019

K-8
Elementary & Middle Schools**Monday**

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

Tuesday

- Southern Biscuit
Sausage Patty
Assorted Cold Cereals
Assorted Muffin Loave
Assorted Fruit Juices
Apple and Orange Wedges

Wednesday

- Pancake
Scrambled Eggs
Fresh Bananas
Assorted Fruit Juices
Pancake Syrup

Friday

- Assorted Cold Cereals
Assorted Muffin Loave
Apple Frudel
Cherry Frudel
Fresh Oranges
Chilled Diced Pears

Thursday

- Pancake
Scrambled Eggs
Fresh Bananas
Assorted Fruit Juices
Pancake Syrup

15

- French Toast Sticks
Chilled Pear Halves
Fresh Bananas
Pancake Syrup

16

- Pancake
Scrambled Eggs
Fresh Bananas
Assorted Fruit Juices
Pancake Syrup

17

- Pancake
Scrambled Eggs
Fresh Bananas
Assorted Fruit Juices
Pancake Syrup

18

- Southern Biscuit
Scrambled Eggs
Hot Grits
Fresh Apples
Assorted Jellies

19

- Sausage & Pancake on a Stick
Chilled Peach Slices
Fresh Apples
Pancake Syrup

20

- Southern Biscuit
Sausage Patty
Assorted Cold Cereals
Assorted Muffin Loave
Applesauce
Apple and Orange Wedges

21

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

22

- Assorted Cold Cereals
Assorted Muffin Loave
Strawberry Toaster Pastry
Fresh Oranges
Applesauce

23

- Southern Biscuit
Scrambled Eggs
Hot Grits
Fresh Apples
Assorted Jellies

24

- French Toast Sticks
Chilled Pear Halves
Fresh Bananas
Pancake Syrup

25

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

26

- Pancake
Scrambled Eggs
Fresh Bananas
Assorted Fruit Juices
Pancake Syrup

27

- Southern Biscuit
Sausage Patty
Assorted Cold Cereals
Assorted Muffin Loave
Assorted Fruit Juices
Apple and Orange Wedges

28

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

29

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

30

- Pancake
Scrambled Eggs
Fresh Bananas
Assorted Fruit Juices
Pancake Syrup

31

- Pancake
Scrambled Eggs
Fresh Bananas
Assorted Fruit Juices
Pancake Syrup

-Assorted Milk Offered Daily

-Fresh Fruit, Fresh Fruit Cups,
Assorted Juice and
Condiments Offered Daily
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SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT

LUNCH

CONSOLIDATE
October, 2019

9-12

Robert L. Merritt & High Schools

Monday

Tuesday

Wednesday

Thursday

Friday

Seasoned Baked Chicken 3 Hamburger w/ trimmings 4

Chef Salad	Whole Wheat Roll
Yeast Roll	Oven Baked Potato Wedges
Green Beans	Whole Kernel Corn
Steamed Spinach	Baby Carrots
Tomatoes w/ Dip	

11	Sloppy Joe on Bun Chef Salad Whole Wheat Roll Quick Baked Potato Whole Kernel Corn
10	Red Beans and Rice w/ Sausage Tuna Salad w/ Crackers Chef Salad Whole Wheat Roll
9	Chicken Patty Sandwich Grilled Chicken Salad Chef Salad Crispy Sweet Potato Cubes California Veggies

Chilled Peach Slices	Spaghetti & Meat Sauce Chef Salad	Seasoned Lima Beans	Fruit Cocktail
		Turkey & Cheese Hoagie Tuna Salad with Crackers	Hamburger w/ Trimmings Chef Salad
		Chef Salad	Oven Baked Potato Wedges
		Quick Baked Potato	Whole Kernel Corn
		Steamed Broccoli Florets	

25	Pepperoni Pizza Wedge Sausage Pizza
24	Spicy Chicken Sandwich Grilled Chicken Sandwich
23	Tomatoes with Dip Pineapple Tidbits Chicken Spaghetti Chef Salad Yogurt Pops
22	Steamed Broccoli Florets Chilled Peach Slices
21	Fruit Cocktail Baby Carrots

Reast Roll	Green Beans	Steamed Spinach	Tomatoes w/ Dip	Spaghetti & Meat Sauce	Turkey & Cheese Hoagie
Chef Salad	Oven Baked Potato Wedges	Lima Beans	Fresh Grapes		
Corn on the Cob					
Black- Eyed Peas					
Pop Tarts					



Chef Salad
Black-Eyed Peas
Steamed Broccoli Florets
Tomatoes with Dip
Fresh Pears

Tuna Salad with Crackers
Chef Salad
Quick Baked Potato
Steamed Broccoli Florets
Fresh Oranges

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-Assorted Milk Offered Daily

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

Friday

- Chef Salad
- Whole Wheat Roll
- Oven Baked Potato Wedges
- Whole Kernel Corn
- Baby Carrots

- 11 Sloppy Joe on Bun
- Chef Salad
- Whole Wheat Roll
- Quick Baked Potato
- Whole Kernel Corn

- Fruit Cocktail
- Hamburger w/ Trimmings
- Chef Salad
- Oven Baked Potato Wedges
- Whole Kernel Corn

25
Fruit Cocktail
Baby Carrots
Pepperoni Pizza Wedge
Sausage Pizza

Chef Salad
Corn on the Cob
Black-Eyed Peas
Sweet S'mores

A vibrant illustration featuring a large, wrapped red and white lollipop on the left, surrounded by various wrapped candies in shades of green, yellow, and brown.



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MY
SCHOOL
BOOKS



SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT

October, 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

Monday				
Tuesday	1 Southern Biscuit Breakfast Chicken Patty Fresh Apples Assorted Fruit Juices	7 Fall Break	14 Breakfast Sausage Pizza Banana Breakfast Bread Applesauce Fresh Oranges	21 Sausage & Pancake on a Stick Chilled Peach Slices Assorted Fruit Juices
Wednesday	2 Southern Biscuit Sausage Patty Assorted Cold Cereals Assorted Muffin Loave Assorted Fruit Juices Apple and Orange Wedges	8 Sausage & Pancake on a Stick Yogurts and Muffins Chilled Peach Slices Assorted Fruit Juices	15 Southern Biscuit Breakfast Chicken Patty Fresh Apples Assorted Fruit Juices	22 Assorted Cold Cereals Assorted Muffin Loave Banana Breakfast Bread Fresh Oranges Applesauce
Thursday	3 Pancake Scrambled Eggs Fresh Bananas Assorted Fruit Juices Pancake Syrup	9 French Toast Sticks Chilled Pear Halves Fresh Bananas Pancake Syrup	16 Pancake Scrambled Eggs Fresh Bananas Assorted Fruit Juices Pancake Syrup	23 French Toast Sticks Chilled Pear Halves Fresh Bananas Pancake Syrup
Friday	4 Assorted Cold Cereals Apple Frudel Cherry Frudel Fresh Oranges Assorted Fruit Juices	11 Southern Biscuit Scrambled Eggs Hot Grits Fresh Apples Assorted Jellies	18 Assorted Cold Cereals Assorted Muffin Loave Apple Frudel Fresh Oranges Chilled Diced Pears	25 Assorted Cold Cereal Assorted Muffin Loave Apple Frudel Fresh Oranges Chilled Diced Pears
	10 French Toast Sticks Chilled Pear Halves Fresh Bananas Pancake Syrup	17 Pancake Scrambled Eggs Fresh Bananas Assorted Fruit Juices Pancake Syrup	24 French Toast Sticks Chilled Pear Halves Fresh Bananas Pancake Syrup	31 Pancake Scrambled Eggs Fresh Bananas Assorted Fruit Juices Pancake Syrup
	11 Southern Biscuit Sausage Patty Assorted Cold Cereals Assorted Muffin Loave Assorted Fruit Juices Apple and Orange Wedges	18 Assorted Cold Cereals Assorted Muffin Loave Apple Frudel Fresh Oranges Chilled Diced Pears	25 Assorted Cold Cereal Assorted Muffin Loave Apple Frudel Fresh Oranges Chilled Diced Pears	30 Southern Biscuit Sausage Patty Assorted Cold Cereals Assorted Muffin Loave Assorted Fruit Juices Apple and Orange Wedges
	12 Fall Break	19 Southern Biscuit Breakfast Chicken Patty Fresh Apples Assorted Fruit Juices	26 Southern Biscuit Scrambled Eggs Hot Grits Fresh Apples Assorted Fruit Juices	29 Southern Biscuit Breakfast Chicken Patty Fresh Apples Assorted Fruit Juices
	13 Breakfast Sausage Pizza Banana Breakfast Bread Applesauce Fresh Oranges	20 Sausage & Pancake on a Stick Chilled Peach Slices Assorted Fruit Juices	30 Southern Biscuit Scrambled Eggs Fresh Bananas Assorted Fruit Juices Pancake Syrup	31 Pancake Scrambled Eggs Fresh Bananas Assorted Fruit Juices Pancake Syrup



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Veterans are subject to equality.



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	11	Graham Crackers Low Fat Milk	18	Fresh Bananas Low Fat Milk	25	Fresh Bananas Low Fat Milk	32	Graham Crackers Low Fat Milk
7	Fall Break	8	Blueberry Muffin Loaf Assorted Fruit Juices	9	Blueberry Muffin Loaf Assorted Fruit Juices	10	String Cheese Saltine Crackers	15	String Cheese Saltine Crackers	16	Blueberry Muffin Loaf Assorted Fruit Juices	23	Blueberry Muffin Loaf Assorted Fruit Juices	30	Fresh Bananas Low Fat Milk
14	Baby Carrots Low Fat Milk	21	Graham Crackers Low Fat Milk	22	Baby Carrots Low Fat Milk	28	String Cheese Saltine Crackers	29	Fresh Bananas Low Fat Milk	31	Fresh Bananas Low Fat Milk				

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SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT

October, 2019

PreK
ESE, IES, MCE, & AWW

-Low Fat Milk Offered Daily

-Fresh Fruit, Fresh Fruit Cups,
Assorted Juice and
Condiments Offered Daily**Monday**Tuna Salad Sandwich
Baked Beans
Applesauce1
Chicken Spaghetti
Steamed Spinach
Chilled Diced Pears
Yeast Roll2
Seasoned Baked Chicken
Steamed Cabbage
Chilled Peach Slices
Cornbread3
Hamburger w/ Trimmings
Oven Baked Potato Wedges
Fresh Oranges**Tuesday**

Fall Break

7
Fall Break14
Cheesy Chicken over Rice
Mixed Vegetables
Chilled Pear halves
Yeast Roll15
BBQ Pulled Pork Burger
Oven Baked Potato Wedges
Fresh Apples16
Spaghetti & Meat Sauce
Steamed Spinach
Chilled Diced Pears
Whole Wheat Garlic Toast**Wednesday**18
Sloppy Joe on Bun
Whole Kernel Corn
Fruit Cocktail19
Red Beans and Rice with
Sausage
Seasoned Lima Beans
Chilled Diced Pears
Whole Wheat Roll20
Turkey & Cheese Hoagie
Steamed Broccoli Florets
Applesauce**Friday**21
Turkey & Cheese Hoagie
Quick Baked Potato
Applesauce22
Chicken Spaghetti
Green Beans
Fruit Cocktail
Yeast Roll23
Grilled Chicken Sandwich
Mixed Vegetables
Fresh Melon Cubes24
Pepperoni Pizza Wedge
Southern Mustard Greens
Chilled Peach Slices25
Pepperoni Pizza Wedge
Corn on the Cob
Southern Mustard Greens
Chilled Peach Slices26
BBQ Pulled Pork Burger
Baby Carrots w/ Dressing
Fresh Melon Cubes
Chilled Pear Halves27
Mandarin Chicken
Steamed Cabbage
Fresh Apples
Hushpuppies28
BBQ Pulled Pork Burger
Baby Carrots
Chilled Pear Halves29
Spaghetti & Meat Sauce
Black-Eyed Peas
Pineapple Tidbits
Whole Wheat Garlic Toast30
Turkey & Cheese Hoagie
Steamed Broccoli Florets
Fresh Bananas31
Turkey & Cheese Hoagie
Steamed Broccoli Florets
Fresh Bananas

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SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT

October, 2019

PreK
IES, ESE, MCE, & AWJ

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

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



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