

**BREAKFAST****SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT**

December, 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**

2 Southern Biscuit  
Breakfast Chicken Patty  
Fresh Apples  
Assorted Fruit Juices

3 Pancake  
Scrambled Eggs  
Fresh Oranges  
Chilled Pear Halves

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

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

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

10 Sausage & Pancake on a  
Stick  
Chilled Peach Slices  
Fresh Apples

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

12 Fresh Toast Sticks  
Assorted Fruit Juices  
Fresh Grapes

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

16 Breakfast Burrito  
Cinnamon Rolls  
Apple and Orange Wedges  
Assorted Fruit Juices

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

18 Southern Biscuit  
Pancake  
Scrambled Eggs  
Fresh Bananas  
Assorted Fruit Juices

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

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

23 Christmas Break

24 Christmas Break

25 Christmas Break

26 Christmas Break

27 Christmas Break

28 Christmas Break

29 Christmas Break

30 Christmas Break

31 Christmas Break



Good Nutrition is our Mission!

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This institution is an equal opportunity provider

**SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT**

December, 2019

K-8

**Elementary & Middle Schools****Assorted Milk Offered Daily****-Fresh Fruit, Fresh Fruit Cups,  
Assorted Juice and  
Condiments Offered Daily****Monday****2**  
Chicken Nuggets  
Chef Salad  
Saltine Crackers  
Mashed Potatoes  
Black-Eyed Peas  
Tomatoes w/ Dip**9**  
Chicken Breaded Cutlet  
Sandwich  
Chef Salad  
Oven Baked Potato Wedges  
Tomatoes w/ Dip  
Fresh Apples**16**  
Vegetable Soup and  
Sandwich Combo  
Chef Salad  
Pinto Beans  
Sweet Baked Potato w/  
Margarine**23**  
Christmas Break**30**  
Christmas Break**Tuesday****3**  
Philly Cheese Steak  
Sandwich  
Oven Baked Potato Wedges  
Vegetable Soup  
Cucumber Sticks w/ Dip  
Fresh Apples**10**  
Stuffed Crust Pizza  
Chef Salad  
Whole Wheat Roll  
Whole Kernel Corn  
Southern Collard Greens  
Fresh Oranges**17**  
Mandarin Chicken  
Chef Salad  
Steamed Cabbage  
Pineapple Tidbits  
Stir Fried Rice  
Hushpuppies**24**  
Christmas Break**31**  
Christmas Break**Wednesday****4**  
Chicken Spaghetti  
Chef Salad  
Yeast Roll  
Green Beans  
Steamed Spinach  
Baby Carrots**11**  
Turkey and Dressing  
Green Beans  
Sweet Potato Casserole  
Hot Cinnamon Apples  
Enriched Flour Rolls  
Whole Wheat Rolls**18**  
Beef-A-Roni  
Chef Salad  
Black-Eyed Peas  
Green Beans  
Fruit Cocktail  
Fresh Pears**25**  
BBQ Pulled Pork Burger**26**  
Tuna Salad w/ Crackers  
Chef Salad  
Quick Baked Potato  
Steamed Broccoli Florets  
Frozen Fruit Juice Cup**Thursday****5**  
Spicy Chicken Sandwich  
Grilled Chicken Sandwich  
Quick Baked Potato  
Pinto Beans  
Fresh Grapes  
Frozen Fruit Juice Cup**6**  
Hamburger w/ Trimming  
Chef Salad  
Whole Wheat Roll  
Oven Baked Potato Wedges  
Seasoned Lima Beans  
Fruit Cocktail**13**  
Chicken Fajita  
Chips  
Corn on the Cob  
Southern Turnip Greens  
Fresh Apples  
Chilled Peach Slices**20**  
Chicken Patty Sandwich  
Chef Salad  
Saltine Crackers  
Criss Cut Sweet Potato  
Assorted Fruit Juices  
Cucumber Sticks w/ Dip**27**  
Christmas Break**Friday****6**  
Fish Sticks  
Chef Salad  
Yeast Roll  
Steamed Broccoli Florets  
Black-Eyed Peas  
Raw Veggies w/ Dip**13**  
Hamburger w/ Trimming  
Chef Salad  
Whole Wheat Roll  
Oven Baked Potato Wedges  
Seasoned Lima Beans  
Fruit Cocktail**27**  
Christmas Break

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**BREAKFAST****SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT**

December, 2019

9-12

Robert L. Merritt Junior High School &amp; High Schools

Assorted Milk Offered Daily

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

**Monday****Tuesday****Wednesday****Friday****2**

Southern Biscuit  
Breakfast Chicken Patty  
Fresh Apples  
Assorted Fruit Juices

**3**

Pancake  
Scrambled Eggs  
Fresh Oranges  
Chilled Pear Halves

**4**

Southern Biscuit  
Sausage Patty  
Assorted Cold Cereals  
Assorted Muffin Loave  
Applesauce

**6**

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

**5**

Breakfast Sausage Pizza  
Banana Breakfast Bread  
Chilled Peach Slices  
Fresh Grapes

**13****9**

Sausage & Pancake on a  
Stick  
Chilled Peach Slices  
Fresh Apples

**10**

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

**17**

Fresh Toast Sticks  
Assorted Fruit Juices  
Fresh Grapes

**18**

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

**16**

Southern Biscuit  
Breakfast Chicken Patty  
Fresh Pears  
Applesauce

**23**

Breakfast Burrito  
Cinnamon Rolls  
Apple and Orange Wedges  
Assorted Fruit Juices

**24**

Christmas Break

**25**

Christmas Break

**26**

Christmas Break

**27**

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

**19**

Pancake  
Scrambled Eggs  
Fresh Bananas  
Assorted Fruit Juices

**20**

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

**31**

Christmas Break

**28**

Christmas Break

**29**

Christmas Break

**30**

Christmas Break

**31**

Christmas Break



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**LUNCH****SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT**

December, 2019

9-12

Robert L. Merritt Junior High School &amp; High Schools

Assorted Milk Offered Daily

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

**Monday**

Chicken Nuggets  
Chef Salad  
Whole Wheat Roll  
Black-Eyed Peas  
Mashed Potatoes  
Tomatoes with Dip

**2**  
Philly Steak Sandwich

Chef Salad  
Whole Wheat Roll  
Quick Baked Potato  
Vegetable Soup  
Cucumber Sticks w/ Dip

**3**  
Stuffed Crust Pizza

Chef Salad  
Whole Wheat Roll  
Whole Kernel Corn  
Southern Collard Greens  
Fresh Oranges

**4**  
Chicken Breaded Cutlet  
Sandwich

Chef Salad  
Quick Baked Potato  
Tomatoes w/ Dip  
Fresh Apples

**Tuesday**

Spicy Chicken Spaghetti  
Chef Salad  
Yeast Roll  
Green Beans  
Steamed Spinach  
Baby Carrots w/ Dressing

**5**  
Spicy Chicken Sandwich

Grilled Chicken Sandwich  
Saltine Crackers  
Quick Baked Potato  
Pinto Beans  
Pineapple Tidbits

**6**  
Hamburger w/ Trimming

Chef Salad  
Oven Baked Potato Wedges  
Seasoned Lima Beans  
Fruit Cocktail  
Fresh Pears

**Wednesday**

10  
Turkey and Dressing  
Seasoned Whole Greens  
Beans

Sweet Potato Casserole  
Hot Cinnamon Apples  
Yeast Roll

**Thursday**

11  
Beef-A-Roni  
Chef Salad  
Whole Wheat Roll  
Whole Kernel Corn  
Southern Turnip Greens

**12**  
Chicken Fajita  
Chips

Chef Salad  
Whole Wheat Roll  
Corn on the Cob  
Southern Turnip Greens

**Friday**

13  
BBQ Pulled Pork Burger  
Tuna Salad w/ Crackers

Chef Salad  
Criss Cut Sweet Potatoes  
Cucumber Sticks w/ Dip  
Assorted Fruit Juices  
Fresh Apples

**14**  
Mandarin Chicken  
Chef Salad  
Whole Wheat Roll  
Steamed Cabbage  
Steamed Broccoli Florets  
Fruit Slushes

**15**  
Christmas Break

**16**  
Christmas Break

**17**  
Christmas Break

**18**  
Christmas Break

**19**  
Christmas Break

**20**  
Christmas Break

**21**  
Christmas Break

**22**  
Christmas Break

**23**  
Christmas Break

**24**  
Christmas Break

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Christmas Break

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Christmas Break

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Christmas Break

**28**  
Christmas Break

**29**  
Christmas Break

**30**  
Christmas Break

**31**  
Christmas Break

**27**

Christmas Break

**28**

Christmas Break

**29**

Christmas Break

**30**

Christmas Break

**31**

Christmas Break



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## SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT

December, 2019

Pre-K

ESE, IES, MCE & AWJ

Assorted Milk Offered Daily

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

Monday

Wednesday

Thursday

Friday

2 Chicken Nuggets  
Mashed Potatoes  
Chilled Peach Slices  
Whole Wheat Roll

3 Philly Steak Sandwich  
Oven Baked Potato Wedges  
Fresh Apples  
Mayonnaise

4 Chicken Spaghetti  
Green Beans  
Chilled Peach Slices  
Yeast Roll

5 Grilled Chicken Sandwich  
Oven Baked Potato Wedges  
Fresh Apples  
Mayonnaise

9 Grilled Chicken Sandwich  
Steamed Broccoli Florets  
Chilled Pear Halves

10 Stuffed Crust Pizza  
Whole Kernel Corn  
Pineapple Tidbits

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

12 Chicken Fajita Wrap  
Corn on the Cob  
Chilled Peach Slices  
Fresh Apples

16 Vegetable Soup and  
Sandwich Combo  
Fresh Oranges

17 Beef-A-Roni  
Green Beans  
Fruit Cocktail  
Whole Wheat Roll

18 BBQ Pulled Pork Burger  
Steamed Broccoli Florets  
Fresh Pears

19 Chicken Patty Sandwich  
Criss Cut Sweet Potatoes  
Fresh Pears

23 Christmas Break

24 Christmas Break

25 Christmas Break

27 Christmas Break

30 Christmas Break

31 Christmas Break

6 Fish Sticks  
Macaroni and Cheese  
Whole Wheat Roll  
Fresh Bananas

13 Hamburger w/ Trimmings  
Oven Baked Potato Wedges  
Fruit Cocktail

19 Chicken Patty Sandwich  
Criss Cut Sweet Potatoes  
Fresh Pears

20 Chicken Patty Sandwich  
Criss Cut Sweet Potatoes  
Fresh Pears

27 Christmas Break

31 Christmas Break

31 Christmas Break

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PAY FOR MEALS ONLINE  
[MyschoolBucks.com](https://MyschoolBucks.com)



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Pre K  
ESE, IES, MCE, & AWJ

Assorted Milk Offered Daily

-Fresh Fruit, Fresh Fruit Cups,  
Assorted Juice and  
Condiments Offered Daily**Monday****Tuesday****Wednesday****Friday**2 Southern Biscuit  
Breakfast Chicken Patty  
Fresh Apples3 Pancake  
Scrambled Eggs  
Chilled Pear Halves4 Southern Biscuit  
Sausage Patty  
Applesauce5 Breakfast Sausage Pizza  
Chilled Peach Slices6 Assorted Muffin Loave  
Chilled Diced Pears9 Bagel w/ Sausage & Gravy  
Fresh Oranges10 Sausage & Pancake on a  
Stick  
Chilled Peach Slices11 Assorted Muffin Loave  
Fresh Bananas12 Fresh Toast Sticks  
Chilled Peach Slices13 Southern Biscuit  
Hot Grits  
Fresh Oranges16 Breakfast Burrito  
Apple and Orange Wedges17 Southern Biscuit  
Breakfast Chicken Patty  
Applesauce18 Southern Biscuit  
Sausage Patty  
Fresh Orange Smiles19 Pancake  
Scrambled Eggs  
Fresh Bananas20 Assorted Muffin Loave  
Fresh Apples

23 Christmas Break

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