

LUNCH

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

Teacher Work Day

6

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

Tuesday

7

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

Wednesday

Schools Closed

1

Thursday

Schools Closed

2

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

Friday

Schools Closed

3

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

Stuffed Crust Pizza

Chef Salad

Whole Wheat Roll

Whole Kernel Corn

Southern Collard Greens

Pineapple Tidbits

13

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

15

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

17

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

MLK Holiday

20

Manager's Choice

22

Manager's Choice

24

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

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

29

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

31

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

MY
SCHOOL
BUCKS

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BREAKFAST

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

6

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

Southern Biscuit
Breakfast Chicken Patty
Applesauce
Assorted Fruit Juices
Assorted Jellies

Pancakes
Scrambled Eggs
Fresh Oranges
Chilled Pear Halves
Pancake Syrup

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

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

13

Sausage & Pancake on a Stick
Chilled Peach Slices
Fresh Apples

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

French Toast Sticks
Assorted Fruit Juices
Chilled Peach Slices
Pancake Syrup

Southern Biscuit
Bacon Strips
Scrambled Eggs
Hot Grits
Assorted Fruit Juices

MLK Holiday

20

Breakfast Burrito
Cinnamon Rolls
Assorted Fruit Juices
Apple and Orange Wedges

Southern Biscuit
Breakfast Chicken Patty
Fresh Pears
Applesauce

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

Pancakes
Scrambled Eggs
Fresh Bananas
Assorted Fruit Juices
Pancake Syrup

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

27

Pancakes
Scrambled Eggs
Fresh Oranges
Chilled Pear Halves
Pancake Syrup

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

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

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

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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

Schools Closed

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9-12

Robert L. Merritt Junior High School & High Schools

-Assorted Milk Offered Daily

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Assorted Juice and
Condiments Offered Daily

Monday

Teacher Work Day

6

Tuesday

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

7

Wednesday

Schools Closed

1

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

8

Thursday

Schools Closed

2

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

9

Friday

Schools Closed

3

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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LUNCH

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

Teacher Work Day

6

Stuffed Crust Pizza
Whole Kernel Corn
Pineapple Tidbits

13

MLK Holiday

20

Chicken Tenders
Whole Kernel Corn
Applesauce

27

Tuesday

Turkey & Cheese Hoagie
Oven Baked Potato Wedges
Chilled Pear Halves

7

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

14

Manager's Choice

21

Glazed Meatballs on a
Hoagie Bun
Baked Beans
Pineapple Tidbits

28

Wednesday

Schools Closed

1

Chicken Nuggets
Mashed Potatoes
Chilled Peach Slices
Whole Wheat Roll

8

Seasoned Baked Chicken
Mashed Potatoes
Chilled Peach Slices
Yeast Roll

15

Manager's Choice

22

Chicken and Dumplings
Seasoned Green Beans
Fresh Apples
Yeast Roll

29

Thursday

Schools Closed

2

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

9

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

16

Manager's Choice

23

Cheesy Chicken Over Rice
Mixed Vegetables
Chilled Peach Slices
Yeast Roll

30

Friday

Schools Closed

3

Grilled Chicken Sandwich
Steamed Broccoli Florets
Frozen Fruit Juice Cup

10

Sloppy Joe on Bun
Corn on the Cob
Fresh Oranges

17

Hamburger w/Trimming
Oven Baked Potato Wedges
Fresh Pears

24

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

31

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Monday

Teacher Work Day

6

Tuesday

7

Assorted Cold Cereals
Assorted Muffin Loave
Chilled Pear Halves

Wednesday

1

Schools Closed

8

Southern Biscuit
Breakfast Chicken Patty
Applesauce

Thursday

2

Schools Closed

9

Pancakes
Scrambled Eggs
Fresh Oranges

Friday

3

Schools Closed

10

Southern Biscuit
Sausage Patty
Applesauce

Bagel w/Sausage & Grav
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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