

LUNCH**SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT**

August, 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****1****5**
Chicken Nuggets
Tuna Salad w/ Crackers
Mashed Potatoes
Southern Turnip Greens
Baby Carrots
Yeast Roll
Manager's Choice**6**
BBQ Rib Sandwich
Tuna Salad w/ Crackers
Chef Salad
Quick Baked Potato
Black-Eyed Peas
Raw Veggies with Dip
Manager's Choice**7**
Chicken Spaghetti
Chef Salad
Yeast Roll
Green Beans
Steamed Spinach
Tomatoes with Dip
Manager's Choice**9**
Spicy Chicken Sandwich
Grilled Chicken Sandwich
Chef Salad
Yeast Roll
Oven Baked Potato Wedges
Lima Beans
Manager's Choice**8**
Pepperoni Pizza Wedges
Sausage Pizza
Chef Salad
Yeast Roll
Corn on the Cob
Southern Mustard Greens
Manager's Choice**16**
Hamburger w/ Trimming
Chef Salad
Whole Wheat Roll
Oven Baked Potato Wedges
Seasoned Lima Beans
Baby Carrots
Manager's Choice**15**
Turkey & Cheese Hoagie
Tuna Salad w/ Crackers
Chef Salad
Whole Wheat Roll
Quick Baked Potato
Steamed Broccoli Florets
Manager's Choice**21**
Mandarin Chicken
Chef Salad
Whole Wheat Roll
Steamed Cabbage
Seasoned Lima Beans
Tomatoes w/ Dip
Manager's Choice**22**
Hamburger w/ Trimming
Chef Salad
Whole Wheat Roll
Oven Baked Potato Wedges
Seasoned Lima Beans
Baby Carrots
Manager's Choice**23**
Red Beans and Rice w/
Sausage
Tuna Salad w/ Crackers
Chef Salad
Whole Wheat Roll
Seasoned Lime Beans
California Veggies
Manager's Choice**28**
Chicken Drumstick
Cheesy Breadsticks
Chef Salad
Whole Wheat Roll
Crispy Sweet Potato Cubes
California Veggies
Manager's Choice**27**
John Wayne Casserole
Chef Salad
Whole Wheat Roll
Seasoned Whole Greens
Beans
Black-Eyed Peas
Manager's Choice**26**
Boneless Buffalo Hot
Wings
Chef Salad
Whole Wheat Roll
Baked Beans
Steamed Spinach
Manager's Choice**PAY FOR MEALS ONLINE**
 MySchoolBucks.com

Good Nutrition is our Mission!
Menus are subject to change.
This institution is an equal opportunity provider.

30
Sloppy Joe on Bun
Chef Salad
Whole Wheat Roll
Quick Baked Potato
Whole Kernel Corn
Tomatoes w/ Dip
Manager's Choice**29**
Sloppy Joe on Bun
Chef Salad
Whole Wheat Roll
Quick Baked Potato
Whole Kernel Corn
Tomatoes w/ Dip
Manager's Choice**20**
Spaghetti & Meat Sauce
Chef Salad
Yeast Roll
Black-Eyed Peas
Steamed Broccoli Florets
Tomatoes w/ Dip
Manager's Choice**19**
Spaghetti & Meat Sauce
Chef Salad
Yeast Roll
Black-Eyed Peas
Steamed Broccoli Florets
Tomatoes w/ Dip
Manager's Choice**21**
Spaghetti & Meat Sauce
Chef Salad
Yeast Roll
Black-Eyed Peas
Steamed Broccoli Florets
Tomatoes w/ Dip
Manager's Choice**22**
Spaghetti & Meat Sauce
Chef Salad
Yeast Roll
Black-Eyed Peas
Steamed Broccoli Florets
Tomatoes w/ Dip
Manager's Choice**23**
Spaghetti & Meat Sauce
Chef Salad
Yeast Roll
Black-Eyed Peas
Steamed Broccoli Florets
Tomatoes w/ Dip
Manager's Choice**24**
Spaghetti & Meat Sauce
Chef Salad
Yeast Roll
Black-Eyed Peas
Steamed Broccoli Florets
Tomatoes w/ Dip
Manager's Choice**25**
Spaghetti & Meat Sauce
Chef Salad
Yeast Roll
Black-Eyed Peas
Steamed Broccoli Florets
Tomatoes w/ Dip
Manager's Choice**26**
Spaghetti & Meat Sauce
Chef Salad
Yeast Roll
Black-Eyed Peas
Steamed Broccoli Florets
Tomatoes w/ Dip
Manager's Choice**27**
Spaghetti & Meat Sauce
Chef Salad
Yeast Roll
Black-Eyed Peas
Steamed Broccoli Florets
Tomatoes w/ Dip
Manager's Choice**28**
Spaghetti & Meat Sauce
Chef Salad
Yeast Roll
Black-Eyed Peas
Steamed Broccoli Florets
Tomatoes w/ Dip
Manager's Choice**29**
Spaghetti & Meat Sauce
Chef Salad
Yeast Roll
Black-Eyed Peas
Steamed Broccoli Florets
Tomatoes w/ Dip
Manager's Choice**30**
Spaghetti & Meat Sauce
Chef Salad
Yeast Roll
Black-Eyed Peas
Steamed Broccoli Florets
Tomatoes w/ Dip
Manager's Choice

BREAKFAST**SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT**

August, 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****1****2****5**
Sausage & Pancake on a Stick
Chilled Peach Slices
Pancake Syrup
Assorted Fruit Juices**12**
Manager's Choice**6**
Assorted Cold Cereals
Assorted Muffin Loave
Yogurts and Muffins
Applesauce
Fresh Oranges**13**
Manager's Choice**7**
Southern Biscuit
Scrambled Eggs
Hot Grits
Assorted Jellies
Fresh Apples**14**
Manager's Choice**9**
French Toast Sticks
Chilled Pear Halves
Fresh Oranges
Pancake Syrup
Chilled Pear Halves**16**
Manager's Choice**8**
Southern Biscuit
Scrambled Eggs
Hot Grits
Assorted Jellies
Fresh Apples**15**
Manager's Choice**20**
Southern Biscuit
Breakfast Chicken Patty
Assorted Cold Cereals
Assorted Muffin Loave
Assorted Jellies**21**
Southern Biscuit
Sausage Patty
Assorted Cold Cereals
Assorted Muffin Loave
Assorted Jellies**19**
Breakfast Sausage Pizza
Oat WG Cereal Bar
Assorted Muffin Loave
Applesauce
Fresh Oranges**27**
Southern Biscuit
Scrambled Eggs
Hot Grits
Fresh Apples
Assorted Fruit Juices**26**
Sausage & Pancake on a Stick
Chilled Peach Slices
Assorted Fruit Juices
Pancake Syrup**28**
Southern Biscuit
Scrambled Eggs
Hot Grits
Fresh Apples
Assorted Fruit Juices**22**
Pancake
Scrambled Eggs
Fresh Bananas
Assorted Fruit Juices
Pancake Syrup**23**
Pancake
Scrambled Eggs
Fresh Bananas
Assorted Fruit Juices
Pancake Syrup**29**
French Toast Sticks
Chilled Pear Halves
Fresh Bananas
Pancake Syrup**30**
French Toast Sticks
Chilled Pear Halves
Fresh Bananas
Pancake SyrupGood Nutrition is our Mission!
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**SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT**

August, 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****1****2**

- Sausage & Pancake on a Stick
Chilled Peach Slices
Pancake Syrup
Assorted Fruit Juices

- Assorted Cold Cereals
Assorted Muffin Loave
Yogurts and Muffins
Applesauce
Fresh Oranges

- Southern Biscuit
Scrambled Eggs
Hot Grits
Assorted Jellies
Fresh Apples

- French Toast Sticks
Chilled Pear Halves
Fresh Oranges
Pancake Syrup
Chilled Pear Halves

Manager's Choice

12

13

Manager's Choice

Manager's Choice

Manager's Choice

14

15

16

Manager's Choice

- Assorted Cold Cereals
Assorted Muffin Loave
Strawberry Toaster Pastry
Fresh Melon Cubes
Fresh Bananas

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

- Southern Biscuit
Sausage Patty
Assorted Cold Cereals
Assorted Muffin Loave
Assorted Jellies

- Pancake
Scrambled Eggs
Fresh Bananas
Assorted Fruit Juices
Pancake Syrup

- Southern Biscuit
Scrambled Eggs
Hot Grits
Fresh Apples
Assorted Fruit Juices

- Southern Biscuit
Scrambled Eggs
Banana Breakfast Bread
Fresh Oranges
Applesauce

- French Toast Sticks
Chilled Pear Halves
Fresh Bananas
Pancake Syrup

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-Assorted Items Offered Daily

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

SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT

August, 2019

K-8

Elementary & Middle Schools

**Monday****Tuesday****Wednesday****Friday****2****1****Chicken Nuggets**

Tuna Salad with Crackers
Mashed Potatoes
Southern Turnip Greens
Sliced Carrots
Yeast Roll

5**BBQ Rib Sandwich**

Tuna Salad w/ Crackers
Oven Baked Potato Wedges
Black-Eyed Peas
Tomatoes with Dip

6**Chicken Spaghetti**

Chef Salad
Yeast Roll
Green Beans
Steamed Spinach
Tomatoes with Dip

7**Spicy Chicken Sandwich**

Grilled Chicken Sandwich
Chef Salad
Yeast Roll
Oven Baked Potato Wedges
Mixed Vegetables

8**Pepperoni Pizza Wedges**

Cheese Pizza
Chef Salad
Yeast Roll
Corn on the Cob
Southern Mustard Greens

9**Manager's Choice**

Manager's Choice

10**Manager's Choice**

Manager's Choice

11**Manager's Choice**

Manager's Choice

12**Manager's Choice**

Manager's Choice

13**Manager's Choice**

Manager's Choice

14**Manager's Choice**

Manager's Choice

15**Manager's Choice**

Manager's Choice

16**Manager's Choice**

Manager's Choice

17**Manager's Choice**

Manager's Choice

18**Manager's Choice**

Manager's Choice

19**Manager's Choice**

Manager's Choice

20**Manager's Choice**

Manager's Choice

21**Manager's Choice**

Manager's Choice

22**Manager's Choice**

Manager's Choice

23**Manager's Choice**

Manager's Choice

24**Manager's Choice**

Manager's Choice

25**Manager's Choice**

Manager's Choice

26**Manager's Choice**

Manager's Choice

27**Manager's Choice**

Manager's Choice

28**Manager's Choice**

Manager's Choice

29**Manager's Choice**

Manager's Choice

30**Manager's Choice**

Manager's Choice

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LUNCH**SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT**

August, 2019

Pre- K Menu
ESE, IES, MCE & AWJ-Low Fat White Milk Offered
Dairy

-Fruit Offered Daily

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

Chicken Nuggets
Mashed Potatoes
Southern Turnip Greens
Yeast Roll
Fresh Apples
Fruit Cocktail
Manager's Choice

BBQ Rib Sandwich
Oven Baked Potato Wedge
Fresh Apples

Pepperoni Pizza Wedge
Cheese Pizza
Corn on the Cob
Southern Mustard Greens
Fresh Oranges

Chicken Spaghetti
Steamed Spinach
Chilled Diced Pears
Yeast Roll

Grilled Chicken Sandwich
Mixed Vegetables
Fresh Melon Cubes
Mayonnaise
Ketchup & Mustard

Manager's Choice

Tuna Salad Sandwich
Ham and Cheese on Bun
Seasoned Lima Beans
Tomatoes w/ Dip

Turkey & Cheese Hoagie
Steamed Broccoli Florets
Tomatoes w/ Dip
Mayonnaise, Mustard, &
Ketchup

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

Grilled Chicken Sandwich
Quick Baked Potato
Southern Collard Greens
Baby Carrots w/ Dressing
Mayonnaise, Ketchup, &
Mustard

Chicken Drumstick
Cheesy Breadsticks
Crispy Sweet Potato Cubes
California Veggies
Tomatoes with Dip

Red Beans and Rice w/
Sausage
Seasoned Lima Beans
Tomatoes with Dip

Hamburger w/ Trimming
Oven Baked Potato Wedges
Baby Carrots
Mayonnaise, Ketchup, &
Mustard

Sloppy Joe on Bun
Quick Baked Potato
Whole Kernel Corn
Tomatoes with Dip

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

Turkey & Cheese on Bun
Tuna Salad Sandwich
Baked Beans
Steamed Spinach
Baby Carrots w/ Dressing



MY

School

BUCKS

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BREAKFAST**SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT**

August, 2019

Pre-K Menu
ESE, IES, MCE & AWJ-Low Fat White Milk Offered
Dairy

-Fruit Offered Daily

Monday**Tuesday****Wednesday****Thursday****Friday****5**
Sausage & Pancake on a Stick
Chilled Peach Slices
Low Fat Milk**6**
Banana Muffin
Applesauce
Low Fat Milk**7**
Southern Biscuit
Scrambled Eggs
Pineapple Tidbits
Low Fat Milk**8**
French Toast Sticks
Fresh Oranges
Low Fat Milk**9**
Assorted Muffin Loave
Fresh Bananas
Low Fat Milk**12**
Manager's Choice**13**
Manager's Choice**14**
Manager's Choice**15**
Manager's Choice**16****19**
Southern Biscuit
Breakfast Chicken Patty
Fresh Apples
Low Fat Milk**20**
Southern Biscuit
Sausage Patty
Fresh Oranges
Low Fat Milk**21**
Pancake
Scrambled Eggs
Fresh Bananas
Low Fat Milk**22**
Assorted Muffin Loave
Chilled Diced Pears
Low Fat Milk**26**
Pancake
Chilled Peach Slices
Low Fat Milk**27**
Assorted Muffin Loave
Applesauce
Low Fat Milk**28**
French Toast Sticks
Chilled Pear Halves
Low Fat Milk**29**
Assorted Muffin Loave
Chilled Diced Pears
Low Fat MilkGood Nutrition is our Mission!
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