

Sunflower County Consolidated Schools

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 3 Breakfast Sausage Piz Assorted Cold Cereals Chocolate Chip Muffin Loaf Applesauce Fresh Oranges Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Dec - 4 Southern Biscuit Breakfast Chicken Patt Assorted Muffin Loave Assorted Cold Cereals Fresh Apples Assorted Fruit Juices Assorted Jellies Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Dec - 5 French Toast Sticks Sausage Patty Yogurts and Muffins Chilled Pear Halves Apple and Orange We Pancake Syrup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Dec - 6 Pancake Scrambled Eggs Assorted Cold Cereals Assorted Muffin Loave Fresh Bananas Assorted Fruit Juices Pancake Syrup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Low Fat Milk Strawberry Milk	Dec - 7 Assorted Cold Cereals Fruit Flavor Cereal Bar Assorted Muffin Loave Strawberry Toaster Pastry Fresh Oranges Chilled Diced Pears Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Low Fat Milk Strawberry Milk
Dec - 10 Assorted Cold Cereals Fruit Flavor Cereal Bar Assorted Muffin Loave Strawberry Toaster Pastry Applesauce Fresh Oranges Assorted Fruit Juices Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Dec - 11 Sausage & Pancake on a Stick Assorted Cold Cereals Assorted Muffin Loave Chilled Peach Slices Fresh Apples Pancake Syrup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Dec - 12 Southern Biscuit Scrambled Eggs Bacon Strips Assorted Cold Cereals Assorted Muffin Loave Chilled Pear Halves Fresh Bananas Fresh Oranges Assorted Jellies Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Dec - 13 Pancake Scrambled Eggs Assorted Cold Cereals Assorted Muffin Loave Fresh Bananas Mandarin Fruit Cup Pancake Syrup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Low Fat Milk Strawberry Milk	Dec - 14 Southern Biscuit Breakfast Chicken Patt Assorted Cold Cereals Assorted Muffin Loave Sliced Strawberries Chilled Peach Slices Assorted Jellies Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Low Fat Milk Strawberry Milk
Dec - 17 Assorted Cold Cereals Assorted Muffin Loave Yogurts and Muffins Applesauce Fresh Oranges Assorted Fruit Juices Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Dec - 18 Sausage & Pancake on a Stick Assorted Cold Cereals Assorted Muffin Loave Chilled Peach Slices Fresh Apples Pancake Syrup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Dec - 19 Southern Biscuit Scrambled Eggs Hot Grits Assorted Cold Cereals Assorted Muffin Loave Chilled Pear Halves Fresh Apples Assorted Jellies Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Dec - 20 Manager Choice	Dec - 21 Manager Choice

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**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.
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Sunflower County Consolidated Schools

Elementary & Middle Schools

December, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 3 Turkey & Cheese Ho Tuna Salad with Crack Chef Salad Saltine Crackers Quick Baked Potato Steamed Broccoli Flore Tomatoes with Dip Chilled Peach Slices Fresh Oranges Fresh Fruit Bowl Mayonnaise Mustard, PC, MS1538 Ketchup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Dec - 4 Barbecue Chicken Tuna Salad with Crack Chef Salad Saltine Crackers Black-Eyed Peas Southern Collard Gree Tomatoes with Dip Applesauce Fresh Fruit Bowl Macaroni and Cheese Yeast Roll Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Dec - 5 Chicken Spaghetti Ham & Cheese on Hoa Chef Salad Saltine Crackers Green Beans Steamed Spinach Pinto Beans Tomatoes with Dip Chilled Peaches Fresh Apples Assorted Fruit Juices Yeast Roll Mayonnaise Mustard, PC, MS1538 Fat Free Milk Chocolate Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Dec - 6 BBQ Pulled Pork Burg Chicken Fajita Wrap Chef Salad Saltine Crackers Oven Baked Potato W Seasoned Lima Beans Chilled Pear Halves Assorted Fruit Juices Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Dec - 7 Cheeseburger Chef Salad Saltine Crackers Crinkle Cut Fries Corn on the Cob Tomatoes with Dip Fruit Cocktail Fresh Fruit Bowl Fresh Apples Mustard, PC, MS1538 Ketchup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk
Dec - 10 Manager Choice	Dec - 11 Manager Choice	Dec - 12 Turkey and Dressing Baked Ham Green Beans Sweet Potato Casserol Hot Cinnamon Apples Yeast Roll Cranberry Sauce Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Low Fat Milk Strawberry Milk	Dec - 13 Manager Choice	Dec - 14 Ham and Cheese on B Chef Salad Saltine Crackers Whole Kernel Corn Steamed Broccoli Flore Tomatoes with Dip Chilled Peach Slices Fresh Oranges Fresh Fruit Bowl Mayonnaise Mustard, PC, MS1538 Ketchup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk
Dec - 17 Chicken Fajita Wrap Chef Salad Saltine Crackers Black Bean Salad Steamed Broccoli Flore Tomatoes with Dip Chilled Peach Slices Fresh Oranges Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Dec - 18 Red Beans and Rice with Sausage Tuna Salad with Crack Chef Salad Saltine Crackers Seasoned Green Bean Tomatoes with Dip Chilled Diced Pears Fresh Apples Yeast Roll Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Dec - 19 Vegetable Beef Soup and Sandwich Combo Chef Salad Saltine Crackers Corn on the Cob Seasoned Lima Beans Chilled Pear Halves Assorted Fruit Juices Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Dec - 20 Manager Choice	Dec - 21 Manager Choice

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Sunflower County Consolidated Schools

Lunch 9-12

Nov 13, 2018

Robert Merritt Jr. High
Ruleville High & Gentry High Schools
November, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 3 Turkey & Cheese Ho Tuna Salad with Crack Saltine Crackers Chef Salad Quick Baked Potato Steamed Broccoli Flore Tomatoes with Dip Chilled Peach Slices Fresh Fruit Bowl Mayonnaise Mustard, PC, MS1538 Ketchup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Dec - 4 Barbecue Chicken Chef Salad Saltine Crackers Baked Sweet Potato w/ Margarine Steamed Spinach Lima Beans Fruit Cocktail Fresh Grapes Macaroni and Cheese Whole Wheat Roll Vanilla Pudding Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Low Fat Milk Strawberry Milk	Dec - 5 Chicken Spaghetti Ham and Cheese on B Saltine Crackers Chef Salad Seasoned Green Bean Southern Turnip Green Tomatoes with Dip Applesauce Fresh Pears Yeast Roll Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Dec - 6 BBQ Pulled Pork Burg Chicken Fajitas Chef Salad Saltine Crackers Oven Baked Potato W Southern Turnip Green Tomatoes with Dip Chilled Pear Halves Fresh Fruit Bowl Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Dec - 7 Cheeseburger Chef Salad Saltine Crackers Crinkle Cut Fries Whole Kernel Corn Tomatoes with Dip Fruit Cocktail Fresh Fruit Bowl Mayonnaise Mustard, PC, MS1538 Ketchup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk
Dec - 10 Manager Choice	Dec - 11 Manager Choice	Dec - 12 Turkey and Dressing Chef Salad Green Beans Sweet Potato Casserol Hot Cinnamon Apples Yeast Roll Cranberry Sauce Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Low Fat Milk Strawberry Milk	Dec - 13 Manager Choice	Dec - 14 Ham and Cheese on B Saltine Crackers Chef Salad Whole Kernel Corn Steamed Broccoli Flore Tomatoes with Dip Chilled Peach Slices Fresh Fruit Bowl Mayonnaise Mustard, PC, MS1538 Ketchup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk

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Sunflower County Consolidated Schools

Lunch 9-12

Nov 13, 2018

Robert Merritt Jr.High
 Ruleville High & Gentry High Schools
 November, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 17	Dec - 18	Dec - 19	Dec - 20	Dec - 21
Chicken Fajita Wrap Saltine Crackers Chef Salad Black Bean Salad Steamed Broccoli Flore Tomatoes with Dip Chilled Peach Slices Fresh Fruit Bowl Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Red Beans and Rice with Sausage Tuna Salad with Crack Chef Salad Saltine Crackers Green Beans Southern Collard Gree Tomatoes with Dip Fruit Cocktail Fresh Fruit Bowl Fresh Apples Yeast Roll Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Vegetable Beef Soup and Sandwich Combo Chef Salad Saltine Crackers Corn on the Cob Southern Turnip Green Tomatoes with Dip Chilled Pear Halves Fresh Fruit Bowl Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Manager Choice	Manager Choice

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Sunflower County Consolidated Schools

PreK Snack Menu Elementary Schools December, 2018

Nov 13, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 3 Apple Sauce Pouch Graham Crackers Water	Dec - 4 Strawberry Yogurt Mix Fresh Bananas Water	Dec - 5 String Cheese Saltine Crackers Water	Dec - 6 Rice Krispie Bars Fresh Oranges Water	Dec - 7 Baby Carrots Saltine Crackers Water
Dec - 10 String Cheese Saltine Crackers Water	Dec - 11 Rice Krispie Bars Fresh Oranges Water	Dec - 12 Strawberry Yogurt Mix Fresh Bananas Water	Dec - 13 Baby Carrots Saltine Crackers Water	Dec - 14 Apple Sauce Pouch Graham Crackers Water
Dec - 17 Graham Crackers Fat Free Milk	Dec - 18 String Cheese Saltine Crackers Water	Dec - 19 Soy Butter and Jelly Sandwich Water	Dec - 20 Manager Choice	Dec - 21 Manager Choice

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