



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

2

Southern Biscuit
Breakfast Chicken Patty
Fresh Apples
Assorted Fruit Juices

9

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

16

Breakfast Burrito
Cinnamon Rolls
Apple and Orange Wedges
Assorted Fruit Juices

23

Christmas Break

30

Christmas Break

Tuesday

3

Pancake
Scrambled Eggs
Fresh Oranges
Chilled Pear Halves

10

Sausage & Pancake on a
Stick
Chilled Peach Slices
Fresh Apples

17

Southern Biscuit
Breakfast Chicken Patty
Fresh Pears
Applesauce

24

Christmas Break

31

Christmas Break

Wednesday

4

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

11

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

18

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

25

Christmas Break

Thursday

5

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

12

Fresh Toast Sticks
Assorted Fruit Juices
Fresh Grapes

19

Pancake
Scrambled Eggs
Fresh Bananas
Assorted Fruit Juices

26

Christmas Break

Friday

6

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

13

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

20

Assorted Cold Cereals
Assorted Muffin Loave
Apple Frudel
Cherry Frudel
Fresh Apples
Assorted Fruit Juices

27

Christmas Break



Good Nutrition is our Mission!

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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

Chicken Nuggets **2**
Chef Salad
Saltine Crackers
Mashed Potatoes
Black-Eyed Peas
Tomatoes w/ Dip

Chicken Breaded Cutlet **9**
Sandwich
Chef Salad
Oven Baked Potato Wedges
Tomatoes w/ Dip
Fresh Apples

Vegetable Soup and
Sandwich Combo **16**
Chef Salad
Pinto Beans
Sweet Baked Potato w/
Margarine

Christmas Break **23**

Christmas Break **30**

Tuesday

Philly Cheese Steak **3**
Sandwich
Oven Baked Potato Wedges
Vegetable Soup
Cucumber Sticks w/ Dip
Fresh Apples

Stuffed Crust Pizza **10**
Chef Salad
Whole Wheat Roll
Whole Kernel Corn
Southern Collard Greens
Fresh Oranges

Mandarin Chicken **17**
Chef Salad
Steamed Cabbage
Pineapple Tidbits
Stir Fried Rice
Hushpuppies

Christmas Break **24**

Christmas Break **31**

Wednesday

Chicken Spaghetti **4**
Chef Salad
Yeast Roll
Green Beans
Steamed Spinach
Baby Carrots

Turkey and Dressing **11**
Green Beans
Sweet Potato Casserole
Hot Cinnamon Apples
Enriched Flour Rolls
Whole Wheat Rolls

Beef-A-Roni **18**
Chef Salad
Black-Eyed Peas
Green Beans
Fruit Cocktail
Fresh Pears

Christmas Break **25**

Thursday

Spicy Chicken Sandwich **5**
Grilled Chicken Sandwich
Quick Baked Potato
Pinto Beans
Fresh Grapes
Frozen Fruit Juice Cup

Chicken Fajita **12**
Chips
Corn on the Cob
Southern Turnip Greens
Fresh Apples
Chilled Peach Slices

BBQ Pulled Pork Burger **19**
Tuna Salad w/ Crackers
Chef Salad
Quick Baked Potato
Steamed Broccoli Florets
Frozen Fruit Juice Cup

Christmas Break **26**

Friday

Fish Sticks **6**
Chef Salad
Yeast Roll
Steamed Broccoli Florets
Black- Eyed Peas
Raw Veggies w/ Dip

Hamburger w/ Trimming **13**
Chef Salad
Whole Wheat Roll
Oven Baked Potato Wedges
Seasoned Lima Beans
Fruit Cocktail

Chicken Patty Sandwich **20**
Chef Salad
Saltine Crackers
Criss Cut Sweet Potato
Assorted Fruit Juices
Cucumber Sticks w/ Dip

Christmas Break **27**



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BREAKFAST

SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT

December, 2019

9-12

Robert L. Merritt Junior High School & High Schools

-Assorted Milk Offered Daily

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

Monday

2

Southern Biscuit
Breakfast Chicken Patty
Fresh Apples
Assorted Fruit Juices

9

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

16

Breakfast Burrito
Cinnamon Rolls
Apple and Orange Wedges
Assorted Fruit Juices

23

Christmas Break

30

Christmas Break

Tuesday

3

Pancake
Scrambled Eggs
Fresh Oranges
Chilled Pear Halves

10

Sausage & Pancake on a
Stick
Chilled Peach Slices
Fresh Apples

17

Southern Biscuit
Breakfast Chicken Patty
Fresh Pears
Applesauce

24

Christmas Break

31

Christmas Break

Wednesday

4

Southern Biscuit
Sausage Patty
Assorted Cold Cereals
Assorted Muffin Loave
Applesauce

11

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

18

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

25

Christmas Break

Thursday

5

Breakfast Sausage Pizza
Banana Breakfast Bread
Chilled Peach Slices
Fresh Grapes

12

Fresh Toast Sticks
Assorted Fruit Juices
Fresh Grapes

19

Pancake
Scrambled Eggs
Fresh Bananas
Assorted Fruit Juices

26

Christmas Break

Friday

6

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

13

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

20

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

27

Christmas Break



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SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT

December, 2019

9-12

Robert L. Merritt Junior High School & High Schools

Assorted Milk Offered Daily

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

Monday

Chicken Nuggets **2**
Chef Salad
Whole Wheat Roll
Black-Eyed Peas
Mashed Potatoes
Tomatoes with Dip

Chicken Breaded Cutlet **9**
Sandwich
Chef Salad
Quick Baked Potato
Tomatoes w/ Dip
Fresh Apples

Vegetable Soup and
Sandwich Combo **16**
Chef Salad
Yeast Roll
Pinto Beans
Tomatoes & Carrots w/ Dip

Christmas Break **23**

Christmas Break **30**

Tuesday

Philly Steak Sandwich **3**
Chef Salad
Whole Wheat Roll
Quick Baked Potato
Vegetable Soup
Cucumber Sticks w/ Dip

Stuffed Crust Pizza **10**
Chef Salad
Whole Wheat Roll
Whole Kernel Corn
Southern Collard Greens
Fresh Oranges

Mandarin Chicken **17**
Chef Salad
Whole Wheat Roll
Steamed Cabbage
Steamed Broccoli Florets
Fruit Slushes

Christmas Break **24**

Christmas Break **31**

Wednesday

Chicken Spaghetti **4**
Chef Salad
Yeast Roll
Green Beans
Steamed Spinach
Baby Carrots w/ Dressing

Turkey and Dressing **11**
Seasoned Whole Greens
Beans
Sweet Potato Casserole
Hot Cinnamon Apples
Yeast Roll

Beef-A-Roni **18**
Chef Salad
Saltine Crackers
Black-Eyed Peas
Green Beans
Fruit Cocktail

Christmas Break **25**

Thursday

Spicy Chicken Sandwich **5**
Grilled Chicken Sandwich
Saltine Crackers
Quick Baked Potato
Pinto Beans
Pineapple Tidbits

Chicken Fajita **12**
Chips
Chef Salad
Whole Wheat Roll
Corn on the Cob
Southern Turnip Greens

BBQ Pulled Pork Burger **19**
Tuna Salad w/ Crackers
Chef Salad
Whole Wheat Roll
Tomatoes w/ Dip
Chilled Pear Halves

Christmas Break **26**

Friday

Fish Sticks **6**
Chef Salad
Yeast Roll
Steamed Broccoli Florets
Black-Eyed Peas
Macaroni and Cheese

Hamburger w/ Trimming **13**
Chef Salad
Oven Baked Potato Wedges
Seasoned Lima Beans
Fruit Cocktail
Fresh Pears

Chicken Patty Sandwich **20**
Chef Salad
Criss Cut Sweet Potatoes
Cucumber Sticks w/ Dip
Assorted Fruit Juices
Fresh Apples

Christmas Break **27**



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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

Tuesday

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

6
Fish Sticks
Macaroni and Cheese
Whole Wheat Roll
Fresh Bananas

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

13
Hamburger w/ Trimmings
Oven Baked Potato Wedges
Fruit Cocktail

16
Vegetable Soup and
Sandwich Combo
Fresh Oranges

17
Mandarin Chicken
Steamed Cabbage
Fresh Apples
Hushpuppies

18
Beef-A-Roni
Green Beans
Fruit Cocktail
Whole Wheat Roll

19
BBQ Pulled Pork Burger
Steamed Broccoli Florets
Fresh Pears

20
Chicken Patty Sandwich
Criss Cut Sweet Potatoes
Fresh Pears

23
Christmas Break

24
Christmas Break

25
Christmas Break

26
Christmas Break

27
Christmas Break

30
Christmas Break

31
Christmas Break



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BREAKFAST

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

2

Southern Biscuit
Breakfast Chicken Patty
Fresh Apples

Tuesday

3

Pancake
Scrambled Eggs
Chilled Pear Halves

Wednesday

4

Southern Biscuit
Sausage Patty
Applesauce

Thursday

5

Breakfast Sausage Pizza
Chilled Peach Slices

Friday

6

Assorted Muffin Loave
Chilled Diced Pears

9

Bagel w/ Sausage & Gravy
Fresh Oranges

10

Sausage & Pancake on a
Stick
Chilled Peach Slices

11

Assorted Muffin Loave
Fresh Bananas

12

Fresh Toast Sticks
Chilled Peach Slices

13

Southern Biscuit
Hot Grits
Fresh Oranges

16

Breakfast Burrito
Apple and Orange Wedges

17

Southern Biscuit
Breakfast Chicken Patty
Applesauce

18

Southern Biscuit
Sausage Patty
Fresh Orange Smiles

19

Pancake
Scrambled Eggs
Fresh Bananas

20

Assorted Muffin Loave
Fresh Apples

23

Christmas Break

24

Christmas Break

25

Christmas Break

26

Christmas Break

27

Christmas Break

30

Christmas Break

31

Christmas Break



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SCHOOL
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