

Sunflower County Consolidated Schools

Monday	Tuesday	Wednesday	Thursday	Friday
			Nov - 1 Manager Choice	Nov - 2 Manager Choice
Nov - 5 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	Nov - 6 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	Nov - 7 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	Nov - 8 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	Nov - 9 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
Nov - 12 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	Nov - 13 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	Nov - 14 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	Nov - 15 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	Nov - 16 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
Nov - 19 Thanksgiving Break	Nov - 20 Thanksgiving Break	Nov - 21 Thanksgiving Break	Nov - 22 Thanksgiving Break	Nov - 23 Thanksgiving Break
Nov - 26 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	Nov - 27 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	Nov - 28 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	Nov - 29 Breakfast Sausage Piz Assorted Cold Cereals Assorted Muffin Loave Fresh Bananas Chilled Diced Pears Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Low Fat Milk Strawberry Milk	Nov - 30 Assorted Cold Cereals 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

Good Nutrition is our Mission!
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Sunflower County Consolidated Schools

Lunch K-8
AWJ, DHM, RM Schools
November, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			Nov - 1	Nov - 2
			Manager Choice	Manager Choice
Nov - 5	Nov - 6	Nov - 7	Nov - 8	Nov - 9
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	Manager Choice	Turkey and Dressing Seasoned Baked Chic Green Beans Sweet Potato Casserol Yeast Roll Cranberry Sauce Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Low Fat Milk Strawberry Milk	Manager Choice	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
Nov - 12	Nov - 13	Nov - 14	Nov - 15	Nov - 16
Boneless Buffalo Hot Wings Chef Salad Saltine Crackers Baked Beans Steamed Spinach Baby Carrots w/ Dressi Fresh Pears Pineapple Tidbits Ranch Dressing Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	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	Hamburger Steak w/ G Chef Salad Mashed Potatoes Pinto Beans Baby Carrots Fresh Pears Pineapple Tidbits Yeast Roll Fat Free Milk Vanilla Fat Free Milk Low Fat Milk Strawberry Milk	Barbecue Chicken Tuna Salad with Crack Chef Salad Saltine Crackers Black-Eyed Peas Southern Collard Gree Tomatoes with Dip Applesauce Fresh Melon Cubes Fresh Fruit Bowl Macaroni and Cheese Yeast Roll Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Hamburger w/ Trimmin Chef Salad Saltine Crackers Crinkle Cut Fries Tomatoes & Carrots w/ Assorted Fruit Juices Fresh Oranges Mayonnaise Ketchup Mustard, PC, MS1538 Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk
Nov - 19	Nov - 20	Nov - 21	Nov - 22	Nov - 23
Thanksgiving Break	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break

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Sunflower County Consolidated Schools

Lunch K-8

AWJ, DHM, RM Schools

November, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 26 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	Nov - 27 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	Nov - 28 Spicy Chicken Sandwic BBQ Pulled Pork Burg Chef Salad Saltine Crackers Oven Baked Potato W Seasoned Lima Beans Chilled Pear Halves Assorted Fruit Juices Mayonnaise Ketchup Mustard, PC, MS1538 Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Nov - 29 Chicken Nuggets Chef Salad Saltine Crackers Mashed Potatoes Southern Turnip Green Baby Carrots Fresh Pears Fruit Cocktail Yeast Roll Variety of Dipping Sau Ketchup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Nov - 30 Manager Choice

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Sunflower County Consolidated Schools

Lunch K-8

Oct 31, 2018

Page 1

RCE, ESE, MCS, IES, Carver, Lockard,
Merritt JR. High Schools
November, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			Nov - 1 Manager Choice	Nov - 2 Manager Choice
Nov - 5 Hamburger Steak w/ G Chef Salad Mashed Potatoes Pinto Beans Baby Carrots Fresh Pears Pineapple Tidbits Yeast Roll Fat Free Milk Vanilla Fat Free Milk Low Fat Milk Strawberry Milk	Nov - 6 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	Nov - 7 Barbecue Chicken Tuna Salad with Crack Chef Salad Saltine Crackers Black-Eyed Peas Southern Collard Gree Tomatoes with Dip Applesauce Fresh Melon Cubes Fresh Fruit Bowl Macaroni and Cheese Yeast Roll Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Nov - 8 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	Nov - 9 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
Nov - 12 Boneless Buffalo Hot Wings Chef Salad Saltine Crackers Baked Beans Steamed Spinach Baby Carrots w/ Dressi Fresh Pears Pineapple Tidbits Ranch Dressing Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Nov - 13 Manager Choice	Nov - 14 Turkey and Dressing Baked Ham Green Beans Sweet Potato Casserol Yeast Roll Cranberry Sauce Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Low Fat Milk Strawberry Milk	Nov - 15 Manager Choice	Nov - 16 Hamburger w/ Trimmin Chef Salad Saltine Crackers Crinkle Cut Fries Tomatoes & Carrots w/ Assorted Fruit Juices Fresh Oranges Mayonnaise Ketchup Mustard, PC, MS1538 Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk
Nov - 19 Thanksgiving Break	Nov - 20 Thanksgiving Break	Nov - 21 Thanksgiving Break	Nov - 22 Thanksgiving Break	Nov - 23 Thanksgiving Break

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Sunflower County Consolidated Schools

Lunch K-8

RCE, ESE, MCS, IES, Carver, Lockard,
Merritt JR. High Schools
November, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 26	Nov - 27	Nov - 28	Nov - 29	Nov - 30
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	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	Spicy Chicken Sandwic BBQ Pulled Pork Burg Chef Salad Saltine Crackers Oven Baked Potato W Seasoned Lima Beans Chilled Pear Halves Assorted Fruit Juices Mayonnaise Ketchup Mustard, PC, MS1538 Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Chicken Nuggets Chef Salad Saltine Crackers Mashed Potatoes Southern Turnip Green Baby Carrots Fresh Pears Fruit Cocktail Yeast Roll Variety of Dipping Sau Ketchup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Manager Choice

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Sunflower County Consolidated Schools

Lunch 9-12

Oct 31, 2018

Page 1

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

Monday	Tuesday	Wednesday	Thursday	Friday
			Nov - 1 Manager Choice	Nov - 2 Manager Choice
Nov - 5 Hamburger Steak w/ G Chef Salad Saltine Crackers Mashed Potatoes Pinto Beans Baby Carrots w/ Dressi Fresh Pears Pineapple Tidbits Fresh Fruit Bowl Yeast Roll Oatmeal Raisin Cooki Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Nov - 6 Turkey & Cheese Hoa 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	Nov - 7 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	Nov - 8 Chicken Spaghetti Tuna Salad with Crack 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	Nov - 9 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
Nov - 12 Boneless Buffalo Hot Wings Chef Salad Saltine Crackers Baked Beans Steamed Spinach Tomatoes with Dip Fresh Pears Assorted Fruit Juices Whole Wheat Roll Ranch Dressing Fat Free Milk Chocolate Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Nov - 13 Manager Choice	Nov - 14 Turkey and Dressing Chef Salad Green Beans Sweet Potato Casserol Yeast Roll Cranberry Sauce Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Low Fat Milk Strawberry Milk	Nov - 15 Manager Choice	Nov - 16 Hamburger w/ Trimmin Chef Salad Saltine Crackers Oven Baked Potato W Steamed Broccoli Flore Tomatoes & Carrots w/ Fruit Cocktail Fresh Fruit Bowl Oatmeal Raisin Cooki Mayonnaise Ketchup Mustard, PC, MS1538 Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk
Nov - 19 Thanksgiving Break	Nov - 20 Thanksgiving Break	Nov - 21 Thanksgiving Break	Nov - 22 Thanksgiving Break	Nov - 23 Thanksgiving Break

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Sunflower County Consolidated Schools

Lunch 9-12

Oct 31, 2018

Page 2

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

Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 26	Nov - 27	Nov - 28	Nov - 29	Nov - 30
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	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	Spicy Chicken Sandwic BBQ Pulled Pork Burg Chef Salad Saltine Crackers Oven Baked Potato W Southern Turnip Green Tomatoes with Dip Chilled Pear Halves Fresh Fruit Bowl Mayonnaise Mustard, PC, MS1538 Ketchup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Chicken Nuggets Chef Salad Saltine Crackers Mashed Potatoes Southern Turnip Green Baby Carrots Chilled Peach Slices Fresh Pears Frozen Fruit Juice Cup Yeast Roll Chocolate Chip Cooki Variety of Dipping Sau Ketchup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Manager Choice

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Sunflower County Consolidated Schools

PreK Snack Menu Elementary Schools November, 2018

Oct 31, 2018

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
			Nov - 1 Froot Loops Cereal Fat Free Milk	Nov - 2 Strawberry Yogurt Graham Crackers Water
Nov - 5 Apple Sauce Pouch Graham Crackers Water	Nov - 6 Strawberry Yogurt Mix Fresh Bananas Water	Nov - 7 String Cheese Saltine Crackers Water	Nov - 8 Rice Krispie Bars Fresh Oranges Water	Nov - 9 Baby Carrots Saltine Crackers Water
Nov - 12 Apple Sauce Pouch Graham Crackers Water	Nov - 13 String Cheese Saltine Crackers Water	Nov - 14 Rice Krispie Bars Fresh Oranges Water	Nov - 15 Strawberry Yogurt Mix Fresh Bananas Water	Nov - 16 Baby Carrots Saltine Crackers Water
Nov - 19 Thanksgiving Break	Nov - 20 Thanksgiving Break	Nov - 21 Thanksgiving Break	Nov - 22 Thanksgiving Break	Nov - 23 Thanksgiving Break
Nov - 26 Graham Crackers Fat Free Milk	Nov - 27 String Cheese Saltine Crackers Water	Nov - 28 Soy Butter and Jelly Sandwich Water	Nov - 29 Froot Loops Cereal Fat Free Milk	Nov - 30 Strawberry Yogurt Graham Crackers Water

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