



SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT
November, 2019
K-8
Elementary & Middle Schools

Low Fat Milk Offered Daily

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

Monday

Tuesday

Wednesday

Thursday

Friday

Corn Dog
Chef Salad
Tuna Salad Sandwich
Baked Beans
Tossed Salad w/ Dressing
Fresh Apples

4

Stuffed Crust Pizza
Chef Salad
Saltine Crackers
Whole Kernel Corn
Southern Collard Greens
Baby Carrots w/ Dressing

5

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

6

Tuna Salad w/ Crackers
Turkey & Cheese on a Bun
Chef Salad
Quick Baked Potato
Southern Turnip Greens
Tomatoes w/ Dip

7

Fried Catfish
Chef Salad
Whole Wheat Roll
Oven Baked Potato Wedges
Tossed Salad w/ Dressing
Hushpuppies

1

Hamburger w/ Trimming
Chef Salad
Saltine Crackers
Oven Baked Potato Wedges
Baby Carrots
Fresh Pears

8

Chicken Nuggets
Chef Salad
Mashed Potatoes
Black-Eyed Peas
Tomatoes w/ Dip
Whole Wheat Roll

11

Philly Cheese Steak
Sandwich
Chef Salad
Quick Baked Potato
Mixed Vegetables
Cucumber Sticks w/ Dip

12

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

13

Spicy Chicken Sandwich
Grilled Chicken Sandwich
Chef Salad
Saltine Crackers
Oven Baked Potato Wedges
Tomato & Cucumber Slices

14

Pepperoni Pizza Wedge
Chef Salad
Corn on the Cob
Black-Eyed Peas
Saltine Crackers
Raw Vegies w/ Dip

15

BBQ Pulled Pork Burger
Chef Salad
Tuna Salad w/ Crackers
Baked Beans
Confetti Coleslaw
Tossed Salad w/ Dressing

18

Mandarin Chicken
Chef Salad
Saltine Crackers
Steamed Cabbage
Seasoned Lima Beans
Pineapple Tidbits

19

Spaghetti & Meat Sauce
Chef Salad
Black-Eyed Peas
Green Beans
Fruit Cocktail
Fresh Pears

20

Turkey & Cheese Hoagie
Tuna Salad w/ Crackers
Chef Salad
Quick Baked Potato
Steamed Broccoli Florets
Fruit Slushes

21

Chicken Patty Sandwich
Chef Salad
Crispy Sweet Potato Cubes
California Veggies
Cucumber Sticks w/ Dip
Fresh Pears

22

Thanksgiving Break

25

Thanksgiving Break

26

Thanksgiving Break

27

Thanksgiving Break

28

Thanksgiving Break

29

Good Nutrition is our Mission!
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This institution is an equal opportunity provider



PAY FOR MEALS ONLINE
MySchoolBucks.com





BREAKFAST

SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT

November, 2019

K-8

Elementary & Middle Schools

-Low Fat Milk Offered Daily

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

Monday

Tuesday

Wednesday

Thursday

Friday

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

4

Pancake
Scrambled Eggs
Fresh Oranges
Chilled Pear Halves
Pancake Syrup

5

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

6

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

7

French Toast Sticks
Chilled Pear Halves
Fresh Bananas
Pancake Syrup

1

Assorted Cold Cereals
Assorted Muffin Loave
Strawberry Toaster Pastry
Chilled Diced Pears
Fresh Oranges

8

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

11

Sausage & Pancake on a
Stick
Chilled Peach Slices
Fresh Apples
Pancake Syrup

12

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

13

French Toast Sticks
Assorted Fruit Juices
Fresh Grapes
Pancake Syrup

14

Southern Biscuit
Bacon Strips
Scrambled Eggs
Hot Grits
Fresh Oranges

15

Breakfast Burito
Cinnamon Rolls
Assorted Fruit Juices
Apple and Orange Wedges

18

Southern Biscuit
Breakfast Chicken Patty
Fresh Pears
Applesauce

19

Southern Biscuit
Sausage Patty
Assorted Cold Cereals
Assorted Muffin Loave
Fresh Oranges

20

Pancake
Scrambled Eggs
Fresh Bananas
Assorted Fruit Juices

21

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

22

Thanksgiving Break

25

Thanksgiving Break

26

Thanksgiving Break

27

Thanksgiving Break

28

Thanksgiving Break

29

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BREAKFAST

SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT

November, 2019

Pre-K

ESE, IES, MCE, & AWJ

-Low Fat Milk Offered Daily

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

Monday

Tuesday

Wednesday

Thursday

Friday

Southern Biscuit
Breakfast Chicken Patty
Fresh Apples
Low Fat Milk

4

Pancake
Scrambled Eggs
Chilled Pear Halves
Low Fat Milk

5

Southern Biscuit
Sausage Patty
Applesauce
Low Fat Milk

6

Breakfast Sausage Pizza
Chilled Peach Slices
Low Fat Milk

7

French Toast Sticks
Chilled Pear Halves
Low Fat Milk

1

Bagel w/ Sausage &
Gravy
Fresh Oranges
Low Fat Milk

11

Sausage & Pancake on a
Stick
Chilled Peach Slices
Low Fat Milk

12

Assorted Muffin Loave
Fresh Bananas
Low Fat Milk

13

French Toast Sticks
Chilled Pear Halves
Low Fat Milk

14

Southern Biscuit
Hot Grits
Fresh Oranges
Low Fat Milk

15

Breakfast Burrito
Chilled Pear Halves
Low Fat Milk

18

Southern Biscuit
Breakfast Chicken Patty
Applesauce
Low Fat Milk

19

Southern Biscuit
Sausage Patty
Chilled Diced Pears
Low Fat Milk

20

Pancake
Scrambled Eggs
Fresh Bananas
Low Fat Milk

21

Assorted Muffin Loave
Fresh Apples
Low Fat Milk

22

Thanksgiving Break

25

Thanksgiving Break

26

Thanksgiving Break

27

Thanksgiving Break

28

Thanksgiving Break

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SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT

November, 2019

Pre-K

ESE, IES, MCE & AWJ

-Low Fat Milk Offered Daily

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

Monday

Tuesday

Wednesday

Thursday

Friday

Beef & Bean Burrito
Baked Beans
Chilled Pear Halves

4

Stuffed Crust Pizza
Whole Kernel Corn
Pineapple Tidbits

5

Turkey and Dressing
Green Beans
Sweet Potato Casserole
Hot Cinnamon Apples
Whole Wheat Roll
Cranberry Sauce

6

Tuna Salad w/ Crackers
Quick Baked Potato
Chilled Peach Slices

7

Fried Catfish
Oven Baked Potato Wedges
Chilled Peach Slices
Hushpuppies

1

Hamburger w/ Trimming
Oven Baked Potato Wedges
Fruit Cocktail

8

Chicken Nuggets
Mashed Potatoes
Chilled Peach Slices
Whole Wheat Roll

11

Philly Cheese Steak
Sandwich
Mixed Vegetables
Applesauce

12

Chicken Spaghetti
Green Beans
Chilled Diced Pears
Yeast Roll

13

Grilled Chicken Sandwich
Oven Baked Potato Wedges
Fresh Apples

14

Pepperoni Pizza Wedge
Corn on the Cob
Fresh Bananas

15

BBQ Pulled Pork Burger
Baked Beans
Fresh Oranges

18

Mandarin Chicken
Steamed Cabbage
Fresh Apples
Hushpuppies

19

Spaghetti & Meat Sauce
Green Beans
Fruit Cocktail
Whole Wheat Garlic Toast

20

Turkey & Cheese Hoagie
Steamed Broccoli Florets
Applesauce

21

Chicken Patty Sandwich
Criss Cut Sweet Potato
Fresh Pears

22

Thanksgiving Break

25

Thanksgiving Break

26

Thanksgiving Break

27

Thanksgiving Break

28

Thanksgiving Break

29

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BREAKFAST

SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT

November, 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

Tuesday

Wednesday

Thursday

Friday

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

4

Pancake
Scrambled Eggs
Fresh Oranges
Chilled Pear Halves
Pancake Syrup

5

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

6

Breakfast Sausage Pizza
Banana Breakfast Bread
Chilled Peach Slices
Fresh Grapes

7

French Toast Sticks
Chilled Pear Halves
Fresh Bananas
Pancake Syrup

1

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

11

Sausage & Pancake on a
Stick
Chilled Peach Slices
Fresh Apples

12

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

13

French Toast Sticks
Assorted Fruit Juices
Fresh Grapes
Pancake Syrup

14

Southern Biscuit
Scrambled Eggs
Bacon Strips
Hot Grits
Fresh Apples

15

Breakfast Burrito
Cinnamon Rolls
Apple and Orange Wedges
Assorted Fruit Juices

18

Southern Biscuit
Breakfast Chicken Patty
Fresh Pears
Applesauce

19

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

20

Pancake
Scrambled Eggs
Fresh Bananas
Assorted Fruit Juices

21

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

22

Thanksgiving Break

25

Thanksgiving Break

26

Thanksgiving Break

27

Thanksgiving Break

28

Thanksgiving Break

29

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MY
SCHOOL
BUCKS

PAY FOR MEALS ONLINE
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Monday
Tuesday
Wednesday
Thursday
Friday

Corn Dog
Chef Salad
Tuna Salad Sandwich
Baked Beans
Tossed Salad w/ Dressing
Whole Wheat Roll

4

Stuffed Crust Pizza
Chef Salad
Saltine Crackers
Corn on the Cob
Southern Collard Greens
Baby Carrots w/ Dressing

5

Turkey and Dressing
Seasoned Whole Green Beans
Sweet Potato Casserole
Hot Cinnamon Apples
Yeast Rolls

6

Tuna Salad w/ Crackers
Turkey & Cheese on a Bun
Chef Salad
Whole Kernel Corn
Southern Collard Greens
Tomatoes w/ Dip

7

Fried Catfish
Chef Salad
Whole Wheat Roll
Oven Baked Potato Wedges
Tossed Salad w/ Dressing
Hushpuppies

1

Chicken Nuggets
Chef Salad
Mashed Potatoes
Black-Eyed Peas
Tomatoes w/ Dip
Whole Wheat Roll

11

Philly Cheese Steak
Sandwich
Chef Salad
Quick Baked Potato
Mixed Vegetables
Cucumber Sticks w/ Dip

12

Chicken Spaghetti
Chef Salad
Yeast Roll
Green Beans
Steamed Spinach
Chilled Peach Slices

13

Spicy Chicken Sandwich
Grilled Chicken Sandwich
Chef Salad
Saltine Crackers
Oven Baked Potato Wedges
Seasoned Lima Beans

14

Hamburger w/ Trimming
Chef Salad
Saltine Crackers
Oven Baked Potato Wedges
Seasoned Lima Beans
Fruit Cocktail

8

BBQ Pulled Pork Burger
Chef Salad
Tuna Salad w/ Crackers
Baked Beans
Confetti Coleslaw
Fresh Oranges

18

Mandarin Chicken
Chef Salad
Saltine Crackers
Steamed Cabbage
Seasoned Lima Beans
Fresh Apples

19

Spaghetti & Meat Sauce
Chef Salad
Black-Eyed Peas
Green Beans
Assorted Fruit Juices
Fresh Pears

20

Turkey & Cheese Hoagie
Tuna Salad w/ Crackers
Chef Salad
Quick Baked Potato
Summer Squash
Whole Wheat Roll

21

Pepperoni Pizza Wedge
Sausage Pizza
Chef Salad
Corn on the Cob
Black-Eyed Peas
Saltine Crackers

15

Chicken Patty Sandwich
Grilled Chicken Sandwich
Chef Salad
Crispy Sweet Potato Cubes
California Veggies
Cucumber Sticks with Dip

22

Thanksgiving Break

25

Thanksgiving Break

26

Thanksgiving Break

27

Thanksgiving Break

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