

Monday

Tuesday

Wednesday

Thursday

Friday

4
 Corn Dog
 Chef Salad
 Tuna Salad Sandwich
 Baked Beans
 Tossed Salad w/ Dressing
 Fresh Apples

5
 Stuffed Crust Pizza
 Chef Salad
 Saltine Crackers
 Whole Kernel Corn
 Southern Collard Greens
 Baby Carrots w/ Dressing

6
 Turkey and Dressing
 Green Beans
 Sweet Potato Casserole
 Hot Cinnamon Apples
 Rolls- Enriched Flour
 Whole Wheat Roll

7
 Tuna Salad w/ Crackers
 Turkey & Cheese on a Bun
 Chef Salad
 Quick Baked Potato
 Southern Turnip Greens
 Tomatoes w/ Dip

1
 Fried Catfish
 Chef Salad
 Whole Wheat Roll
 Oven Baked Potato Wedges
 Tossed Salad w/ Dressing
 Hushpuppies

11
 Chicken Nuggets
 Chef Salad
 Mashed Potatoes
 Black-Eyed Peas
 Tomatoes w/ Dip
 Whole Wheat Roll

12
 Philly Cheese Steak
 Sandwich
 Chef Salad
 Quick Baked Potato
 Mixed Vegetables
 Cucumber Sticks w/ Dip

13
 Chicken Spaghetti
 Chef Salad
 Yeast Roll
 Green Beans
 Steamed Spinach
 Baby Carrots

14
 Spicy Chicken Sandwich
 Grilled Chicken Sandwich
 Chef Salad
 Saltine Crackers
 Oven Baked Potato Wedges
 Tomato & Cucumber Slices

8
 Hamburger w/ Trimming
 Chef Salad
 Saltine Crackers
 Oven Baked Potato Wedges
 Baby Carrots
 Fresh Pears

15
 Pepperoni Pizza Wedge
 Chef Salad
 Corn on the Cob
 Black-Eyed Peas
 Saltine Crackers
 Raw Veggies w/ Dip

18
 BBQ Pulled Pork Burger
 Chef Salad
 Tuna Salad w/ Crackers
 Baked Beans
 Confetti Coleslaw
 Tossed Salad w/ Dressing

19
 Mandarin Chicken
 Chef Salad
 Saltine Crackers
 Steamed Cabbage
 Seasoned Lima Beans
 Pineapple Tidbits

20
 Spaghetti & Meat Sauce
 Chef Salad
 Black-Eyed Peas
 Green Beans
 Fruit Cocktail
 Fresh Pears

21
 Turkey & Cheese Hoagie
 Tuna Salad w/ Crackers
 Chef Salad
 Quick Baked Potato
 Steamed Broccoli Florets
 Fruit Slushes

22
 Chicken Patty Sandwich
 Chef Salad
 Crispy Sweet Potato Cubes
 California Veggies
 Cucumber Sticks w/ Dip
 Fresh Pears

25
 Thanksgiving Break

26
 Thanksgiving Break

27
 Thanksgiving Break

28
 Thanksgiving Break

29
 Thanksgiving Break

Good Nutrition is our Mission!
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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	Pancake Scrambled Eggs Fresh Oranges Chilled Pear Halves Pancake Syrup	Southern Biscuit Sausage Patty Assorted Cold Cereals Assorted Muffin Loave Fresh Grapefruit Halve	Breakfast Sausage Pizza Assorted Cold Cereals Fruit Flavor Cereal Bar Assorted Muffin Loave Chilled Peach Slices	French Toast Sticks Chilled Pear Halves Fresh Bananas Pancake Syrup
Bagel w/ Sausage & Gravy Yogurts and Muffins Fresh Oranges Applesauce	Sausage & Pancake on a Stick Chilled Peach Slices Fresh Apples Pancake Syrup	Assorted Cold Cereals Assorted Muffin Loave Apple Frudel Fresh Bananas Chilled Diced Pears	French Toast Sticks Assorted Fruit Juices Fresh Grapes Pancake Syrup	Southern Biscuit Bacon Strips Scrambled Eggs Hot Grits Fresh Oranges
Breakfast Burito Cinnamon Rolls Assorted Fruit Juices Apple and Orange Wedges	Southern Biscuit Breakfast Chicken Patty Fresh Pears Applesauce	Southern Biscuit Sausage Patty Assorted Cold Cereals Assorted Muffin Loave Fresh Oranges	Pancake Scrambled Eggs Fresh Bananas Assorted Fruit Juices	Assorted Cold Cereals Assorted Muffin Loave Apple Frudel Cherry Frudel Fresh Grapes
Thanksgiving Break	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break

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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

4
Southern Biscuit
Breakfast Chicken Patty
Fresh Apples
Low Fat Milk

5
Pancake
Scrambled Eggs
Chilled Pear Halves
Low Fat Milk

6
Southern Biscuit
Sausage Patty
Applesauce
Low Fat Milk

7
Breakfast Sausage Pizza
Chilled Peach Slices
Low Fat Milk

1
French Toast Sticks
Chilled Pear Halves
Low Fat Milk

8
Assorted Muffin Loave
Chilled Diced Pears
Low Fat Milk

11
Bagel w/ Sausage &
Gravy
Fresh Oranges
Low Fat Milk

12
Sausage & Pancake on a
Stick
Chilled Peach Slices
Low Fat Milk

13
Assorted Muffin Loave
Fresh Bananas
Low Fat Milk

14
French Toast Sticks
Chilled Pear Halves
Low Fat Milk

15
Southern Biscuit
Hot Grits
Fresh Oranges
Low Fat Milk

18
Breakfast Burito
Chilled Pear Halves
Low Fat Milk

19
Southern Biscuit
Breakfast Chicken Patty
Applesauce
Low Fat Milk

20
Southern Biscuit
Sausage Patty
Chilled Diced Pears
Low Fat Milk

21
Pancake
Scrambled Eggs
Fresh Bananas
Low Fat Milk

22
Assorted Muffin Loave
Fresh Apples
Low Fat Milk

25
Thanksgiving Break

26
Thanksgiving Break

27
Thanksgiving Break

28
Thanksgiving Break

29
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

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

8

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

4
Corn Dog
Chef Salad
Tuna Salad Sandwich
Baked Beans
Tossed Salad w/ Dressing
Whole Wheat Roll

5
Stuffed Crust Pizza
Chef Salad
Saltine Crackers
Corn on the Cob
Southern Collard Greens
Baby Carrots w/ Dressing

6
Turkey and Dressing
Seasoned Whole Green Beans
Sweet Potato Casserole
Hot Cinnamon Apples
Yeast Rolls

7
Tuna Salad w/ Crackers
Turkey & Cheese on a Bun
Chef Salad
Whole Kernel Corn
Southern Collard Greens
Tomatoes w/ Dip

1
Fried Catfish
Chef Salad
Whole Wheat Roll
Oven Baked Potato Wedges
Tossed Salad w/ Dressing
Hushpuppies

11
Chicken Nuggets
Chef Salad
Mashed Potatoes
Black-Eyed Peas
Tomatoes w/ Dip
Whole Wheat Roll

12
Philly Cheese Steak Sandwich
Chef Salad
Quick Baked Potato
Mixed Vegetables
Cucumber Sticks w/ Dip

13
Chicken Spaghetti
Chef Salad
Yeast Roll
Green Beans
Steamed Spinach
Chilled Peach Slices

14
Spicy Chicken Sandwich
Grilled Chicken Sandwich
Chef Salad
Saltine Crackers
Oven Baked Potato Wedges
Seasoned Lima Beans

8
Hamburger w/ Trimming
Chef Salad
Saltine Crackers
Oven Baked Potato Wedges
Seasoned Lima Beans
Fruit Cocktail

15
Pepperoni Pizza Wedge
Sausage Pizza
Chef Salad
Corn on the Cob
Black-Eyed Peas
Saltine Crackers

18
BBQ Pulled Pork Burger
Chef Salad
Tuna Salad w/ Crackers
Baked Beans
Confetti Coleslaw
Fresh Oranges

19
Mandarin Chicken
Chef Salad
Saltine Crackers
Steamed Cabbage
Seasoned Lima Beans
Fresh Apples

20
Spaghetti & Meat Sauce
Chef Salad
Black-Eyed Peas
Green Beans
Assorted Fruit Juices
Fresh Pears

21
Turkey & Cheese Hoagie
Tuna Salad w/ Crackers
Chef Salad
Quick Baked Potato
Summer Squash
Whole Wheat Roll

22
Chicken Patty Sandwich
Grilled Chicken Sandwich
Chef Salad
Crispy Sweet Potato Cubes
California Veggies
Cucumber Sticks with Dip

25
Thanksgiving Break

26
Thanksgiving Break

27
Thanksgiving Break

28
Thanksgiving Break

29
Thanksgiving Break

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