

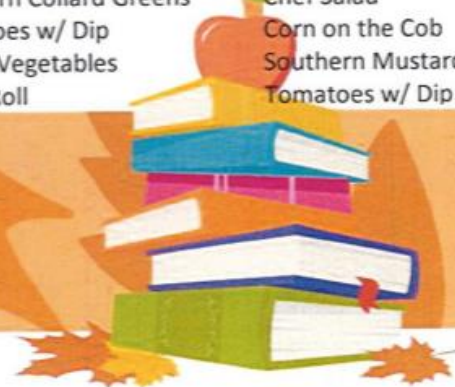


SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT  
September, 2019  
K-8  
Elementary & Middle Schools

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

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 2	BBQ Pulled Pork Burger 3 Tuna Salad w/ Crackers Saltine Crackers Chef Salad Whole Wheat Roll Baked Beans	Spaghetti & Meat Sauce 4 Chef Salad Yeast Roll Black- Eyed Peas Steamed Broccoli Florets Tomatoes w/ Dip	Spicy Chicken Sandwich 5 Grilled Chicken Sandwich Chef Salad Oven Baked Potato Wedges Yeast Roll Mixed Vegetables	Pepperoni Pizza Wedge 6 Tuna Salad Sandwich Chef Salad Corn on the Cob Southern Mustard Greens Tomatoes w/ Dip
Corn Dog Nuggets 9 Chef Salad Tuna Salad with Crackers Baked Beans Southern Collard Greens Baby Carrots w/ Dressing	Chicken Spaghetti 10 Chef Salad Green Beans Steamed Spinach Tomatoes w/ Dip Yeast Roll	Seasoned Baked Chicken 11 Chef Salad Steamed Cabbage Seasoned Lima Beans Tomatoes w/ Dip Whole Wheat Roll	Turkey & Cheese Hoagie 12 Tuna Salad with Crackers Quick Baked Potato Steamed Broccoli Florets Tomatoes w/ Dip Whole Wheat Roll	Hamburger w/ Trimmings 13 Chef Salad Oven Baked Potato Wedges Seasoned Lima Beans Baby Carrots Chilled Pear Halves
Glazed BBQ Meatballs on Hoagie Bun 16 Chef Salad Baked Beans Steamed Spinach Baby Carrots w/ Dressing	John Wayne Casserole 17 Chef Salad Seasoned Whole Green Beans Black- Eyed Peas Raw Veggies w/ Dip	Chicken Patty Sandwich 18 Chef Salad Crispy Sweet Potato Cubes California Veggies Tomatoes w/ Dip Whole Wheat Roll	Red Beans and Rice w/ Sausage 19 Tuna Salad w/ Crackers Chef Salad Seasoned Lima Beans Whole Wheat Roll	Sloppy Joe on Bun 20 Chef Salad Quick Baked Potato Whole Kernel Corn Tomatoes w/ Dip Whole Wheat Roll
Chicken Fajitas 23 Chips Tuna Salad w/ Crackers Chef Salad Whole Kernel Corn Southern Turnip Greens	BBQ Pulled Pork Burger 24 Tuna Salad w/ Crackers Chef Salad Baked Beans Tomatoes w/ Dip Whole Wheat Roll	Spaghetti & Meat Sauce 25 Chef Salad Black- Eyed Peas Steamed Broccoli Florets Tomatoes w/ Dip Yeast Roll	Chicken and Dumpling 26 Chef Salad Southern Collard Greens Tomatoes w/ Dip Mixed Vegetables Yeast Roll	Pepperoni Pizza Wedge 27 Tuna Salad Sandwich Chef Salad Corn on the Cob Southern Mustard Greens Tomatoes w/ Dip
Turkey & Cheese Hoagie 30 Tuna Salad w/ Crackers Chef Salad Quick Baked Potato Steamed Broccoli Florets Whole Wheat Roll				

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**SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT**  
**September, 2019**  
**PreK Snack Menu**  
**IES, ESE, MCE, & AWJ**

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day <b>2</b>	Baby Carrots Low Fat Milk <b>3</b>	String Cheese Saltine Crackers <b>4</b>	Fresh Bananas Low Fat Milk <b>5</b>	Mini Saltine Crackers Low Fat Milk <b>6</b>
Baby Carrots Low Fat Milk <b>9</b>	Mini Saltine Crackers Low Fat Milk <b>10</b>	String Cheese Saltine Crackers <b>11</b>	Blueberry Muffin Loaf Assorted Fruit Juices <b>12</b>	Fresh Bananas Low Fat Milk <b>13</b>
Blueberry Muffin Loaf Assorted Fruit Juices <b>16</b>	Baby Carrots Low Fat Milk <b>17</b>	String Cheese Saltine Crackers <b>18</b>	Fresh Bananas Low Fat Milk <b>19</b>	Mini Saltine Crackers Low Fat Milk <b>20</b>
Baby Carrots Low Fat Milk <b>23</b>	Mini Saltine Crackers Low Fat Milk <b>24</b>	String Cheese Saltine Crackers <b>25</b>	Blueberry Muffin Loaf Assorted Fruit Juices <b>26</b>	Fresh Bananas Low Fat Milk <b>27</b>
Blueberry Muffin Loaf Assorted Fruit Juices <b>30</b>				

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**BREAKFAST****SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT**

September, 2019

PreK

IES, ESE, MCE, &amp; AWJ

-Low Fat Milk Offered Daily

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

Labor Day

**2****Tuesday**Banana Muffin  
Applesauce  
Low Fat Milk**3****Wednesday**Southern Biscuit  
Scrambled Eggs  
Pineapple Tidbits  
Low Fat Milk**4****Thursday**French Toast Sticks  
Fresh Oranges  
Low Fat Milk**5****Friday**Assorted Muffin Loave  
Fresh Bananas  
Low Fat Milk**6**Breakfast Sausage Pizza  
Applesauce  
Low Fat Milk**9**Southern Biscuit  
Breakfast Chicken Patty  
Fresh Apples  
Low Fat Milk**10**Southern Biscuit  
Sausage Patty  
Fresh Oranges  
Low Fat Milk**11**Pancake  
Scrambled Eggs  
Fresh Bananas  
Low Fat Milk**12**Assorted Muffin Loave  
Chilled Diced Pears  
Low Fat Milk**13**Pancake  
Chilled Peach Slices  
Low Fat Milk**16**Assorted Muffin Loave  
Applesauce  
Low Fat Milk**17**Southern Biscuit  
Scrambled Eggs  
Fresh Apples  
Low Fat Milk**18**French Toast Sticks  
Chilled Pear Halves  
Low Fat Milk**19**Assorted Muffin Loave  
Chilled Diced Pears  
Low Fat Milk**20**Sausage & Pancake on  
a Stick  
Chilled Peach Slices  
Low Fat Milk**23**Banana Muffin  
Applesauce  
Low Fat Milk**24**Southern Biscuit  
Scrambled Eggs  
Pineapple Tidbits  
Low Fat Milk**25**French Toast Sticks  
Fresh Oranges  
Low Fat Milk**26**Assorted Muffin Loave  
Fresh Bananas  
Low Fat Milk**27**Breakfast Sausage Pizza  
Applesauce  
Low Fat Milk**30**

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## LUNCH

### SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT

September, 2019

PreK

ESE, IES, MCE, & AWJ

-Low Fat Milk Offered Daily

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

#### Monday

Labor Day

2

#### Tuesday

BBQ Pulled Pork Burger  
Oven Baked Potato Wedges  
Fresh Apples

3

#### Wednesday

Spaghetti & Meat Sauce  
Black- Eyed Peas  
Steamed Broccoli Florets  
Pineapple Tidbits  
Whole Wheat Garlic Toast

4

#### Thursday

Grilled Chicken Sandwich  
Mixed Vegetables  
Fresh Melon Cubes  
Mayonnaise  
Ketchup  
Mustard

5

#### Friday

Pepperoni Pizza Wedge  
Corn on the Cob  
Southern Mustard Greens  
Fresh Oranges  
Chilled Peach Slices

6

Corn Dog Nuggets  
Quick Baked Potato  
Southern Collard Greens  
Baby Carrots w/ Dressing  
Fresh Melon Cubes  
Chilled Pear Halves

9

Chicken Spaghetti  
Steamed Spinach  
Chilled Diced Pears  
Yeast Roll

10

Seasoned Baked Chicken  
Steamed Cabbage  
Seasoned Lima Beans  
Chilled Peach Slices  
Cornbread

11

Turkey & Cheese Hoagie  
Steamed Broccoli Florets  
Tomatoes w/ Dip  
Chilled Peach Slices  
Fresh Bananas

12

Hamburger w/ Trimmings  
Oven Baked Potato Wedges  
Baby Carrots  
Chilled Pear Halves  
Fresh Oranges

13

BBQ Chicken Sandwich  
Tuna Salad Sandwich  
Baked Beans  
Steamed Spinach  
Baby Carrots w/ Dressing  
Fresh Pears

16

Bean Burrito  
Chef Salad  
Saltine Crackers  
Black- Eyed Peas  
Raw Veggies with Dip  
Pineapple Tidbits

17

Chicken Patty Sandwich  
Crispy Sweet Potato Cubes  
California Veggies  
Assorted Fruit Juices  
Fresh Pears

18

Red Beans and Rice w/  
Sausage  
Seasoned Lima Beans  
Tomatoes with Dip  
Chilled Diced Pears  
Fresh Apples

19

Sloppy Joe on Bun  
Quick Baked Potato  
Whole Kernel Corn  
Tomatoes w/ Dip  
Fruit Cocktail  
Fresh Oranges

20

Chicken Fajitas  
Whole Kernel Corn  
Southern Turnip Greens  
Fresh Apples  
Fruit Cocktail

23

BBQ Pulled Pork Burger  
Oven Baked Potato Wedges  
Fresh Apples

24

Spaghetti & Meat Sauce  
Steamed Spinach  
Chilled Diced Pears  
Whole Wheat Garlic Toast

25

Chicken and Dumpling  
Mixed Vegetables  
Fresh Melon Cubes  
Cornbread

26

Pepperoni Pizza Wedge  
Corn on the Cob  
Southern Mustard Greens  
Fresh Oranges  
Chilled Peach Slices

27

Turkey & Cheese Hoagie  
Quick Baked Potato  
Southern Collard Greens  
Baby Carrots w/ Dressing  
Fresh Melon Cubes  
Chilled Pear Halves

30

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**BREAKFAST****SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT**

September, 2019

9-12

Robert L. Merritt Junior High &amp; High Schools

-Assorted Milk Offered Daily

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

Labor Day

**2****Tuesday**Sausage & Pancake on  
a Stick  
Chilled Peach Slices  
Assorted Fruit Juices  
Pancake Syrup**3****Wednesday**Assorted Cold Cereal  
Assorted Muffin Loave  
Yogurts and Muffins  
Fresh Oranges  
Applesauce**4****Thursday**Southern Biscuit  
Scrambled Eggs  
Hot Grits  
Fresh Apples  
Pineapple Tidbits  
Assorted Jellies**5****Friday**French Toast Sticks  
Chilled Pear Halves  
Fresh Oranges  
Pancake Syrup**6**Breakfast Sausage Pizza  
Assorted Cold Cereals  
Oat WG Cereal Bar  
Assorted Muffin Loave  
Applesauce  
Fresh Oranges**9**Southern Biscuit  
Breakfast Chicken Patty  
Fresh Apples  
Assorted Fruit Juices  
Assorted Jellies**10**Southern Biscuit  
Sausage Patty  
Assorted Cold Cereals  
Assorted Muffin Loave  
Assorted Fruit Juices  
Apple and Orange Wedges**11**Pancake  
Scrambled Eggs  
Fresh Bananas  
Assorted Fruit Juices  
Pancake Syrup**12**Assorted Cold Cereals  
Assorted Muffin Loave  
Strawberry Toaster Pastry  
Fresh Oranges  
Chilled Diced Pears**13**Sausage & Pancake on  
a Stick  
Chilled Peach Slices  
Assorted Fruit Juices  
Pancake Syrup**16**Assorted Cold Cereals  
Assorted Muffin Loave  
Banana Breakfast Bread  
Fresh Oranges  
Applesauce**17**Southern Biscuit  
Scrambled Eggs  
Hot Grits  
Fresh Apples  
Assorted Fruit Juices  
Assorted Jellies**18**French Toast Sticks  
Chilled Pear Halves  
Fresh Bananas  
Pancake Syrup**19**Assorted Cold Cereals  
Assorted Muffin Loave  
Strawberry Toaster Pastry  
Fresh Oranges  
Chilled Diced Pears**20**Sausage & Pancake on  
a Stick  
Chilled Peach Slices  
Assorted Fruit Juices  
Pancake Syrup**23**Assorted Cold Cereals  
Assorted Muffin Loave  
Yogurts and Muffins  
Fresh Oranges  
Applesauce**24**Southern Biscuit  
Scrambled Eggs  
Hot Grits  
Fresh Apples  
Pineapple Tidbits**25**French Toast Sticks  
Chilled Pear Halves  
Fresh Oranges  
Pancake Syrup**26**Assorted Cold Cereals  
Assorted Muffin Loave  
Strawberry Toaster Pastry  
Fresh Melon Cubes  
Fresh Bananas**27**Breakfast Sausage Pizza  
Assorted Cold Cereals  
Oat WG Cereal Bar  
Assorted Muffin Loave  
Applesauce  
Fresh Oranges**30**

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**BREAKFAST****SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT**

September, 2019

K-8

Elementary &amp; Middle Schools

-Assorted Milk Offered Daily

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

Labor Day

**2****Tuesday**Sausage & Pancake on  
a Stick  
Chilled Peach Slices  
Assorted Fruit Juices  
Pancake Syrup**3****Wednesday**Assorted Cold Cereal  
Assorted Muffin Loave  
Yogurts and Muffins  
Fresh Oranges  
Applesauce**4****Thursday**Southern Biscuit  
Scrambled Eggs  
Hot Grits  
Fresh Apples  
Pineapple Tidbits**5****Friday**French Toast Sticks  
Chilled Pear Halves  
Fresh Oranges  
Pancake Syrup**6**Breakfast Sausage Pizza  
Assorted Cold Cereals  
Oat WG Cereal Bar  
Assorted Muffin Loave  
Applesauce**9**Southern Biscuit  
Breakfast Chicken Patty  
Fresh Apples  
Assorted Fruit Juices  
Assorted Jellies**10**Southern Biscuit  
Sausage Patty  
Assorted Cold Cereals  
Assorted Muffin Loave  
Apple and Orange Wedges**11**Pancake  
Scrambled Eggs  
Fresh Bananas  
Assorted Fruit Juices  
Pancake Syrup**12**Assorted Cold Cereals  
Assorted Muffin Loave  
Strawberry Toaster Pastry  
Fresh Oranges  
Chilled Diced Pears**13**Sausage & Pancake on  
a Stick  
Chilled Peach Slices  
Assorted Fruit Juices  
Pancake Syrup**16**Assorted Cold Cereals  
Assorted Muffin Loave  
Banana Breakfast Bread  
Fresh Oranges  
Applesauce**17**Southern Biscuit  
Scrambled Eggs  
Hot Grits  
Fresh Apples  
Assorted Fruit Juices**18**French Toast Sticks  
Chilled Pear Halves  
Fresh Bananas  
Pancake Syrup**19**Assorted Cold Cereals  
Assorted Muffin Loave  
Strawberry Toaster Pastry  
Fresh Oranges  
Chilled Diced Pears**20**Sausage & Pancake on  
a Stick  
Chilled Peach Slices  
Assorted Fruit Juices  
Pancake Syrup**23**Assorted Cold Cereals  
Assorted Muffin Loave  
Yogurts and Muffins  
Fresh Oranges  
Applesauce**24**Southern Biscuit  
Scrambled Eggs  
Hot Grits  
Fresh Apples  
Pineapple Tidbits**25**French Toast Sticks  
Chilled Pear Halves  
Fresh Oranges  
Pancake Syrup**26**Assorted Cold Cereals  
Assorted Muffin Loave  
Strawberry Toaster Pastry  
Fresh Melon Cubes  
Fresh Bananas**27**Breakfast Sausage Pizza  
Assorted Cold Cereals  
Oat WG Cereal Bar  
Assorted Muffin Loave  
Applesauce  
Fresh Oranges**30**

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# SUNFLOWER COUNTY CONSOLIDATED SCHOOL DISTRICT

September, 2019

9-12

Merritt & High Schools

-Assorted Milk Offered Daily

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

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 2	BBQ Pulled Pork Burger 3 Tuna Salad w/ Crackers Chef Salad Yeast Roll Baked Beans Raw Veggies w/ Dip	Spaghetti & Meat Sauce 4 Chef Salad Yeast Roll Black- Eyed Peas Steamed Broccoli Florets Tomatoes w/ Dip	Spicy Chicken Sandwich 5 Grilled Chicken Sandwich Chef Salad Oven Baked Potato Wedges Yeast Roll Lima Beans	Pepperoni Pizza Wedge 6 Sausage Pizza Chef Salad Corn on the Cob Southern Mustard Greens Tomatoes w/ Dip
Corn Dog Nuggets 9 Chef Salad Tuna Salad with Crackers Quick Baked Potato Southern Collard Greens Baby Carrots w/ Dressing	Chicken Spaghetti 10 Chef Salad Green Beans Steamed Spinach Tomatoes w/ Dip Yeast Roll	Seasoned Baked Chicken 11 Chef Salad Steamed Cabbage Seasoned Lima Beans Tomatoes w/ Dip Whole Wheat Roll	Turkey & Cheese Hoagie 12 Tuna Salad with Crackers Quick Baked Potato Steamed Broccoli Florets Tomatoes w/ Dip Whole Wheat Roll	Hamburger w/ Trimming 13 Chef Salad Oven Baked Potato Wedges Seasoned Lima Beans Baby Carrots Whole Wheat Roll
Glazed BBQ Meatballs on 16 Hoagie Bun Chef Salad Baked Beans Steamed Spinach Baby Carrots w/ Dressing	John Wayne Casserole 17 Chef Salad Seasoned Whole Green Beans Black- Eyed Peas Raw Veggies w/ Dip	Chicken Patty Sandwich 18 Chef Salad Crispy Sweet Potato Cubes California Veggies Tomatoes w/ Dip Whole Wheat Roll	Red Beans and Rice w/ 19 Sausage Tuna Salad w/ Crackers Chef Salad Seasoned Lima Beans Whole Wheat Roll	Sloppy Joe on Bun 20 Chef Salad Quick Baked Potato Whole Kernel Corn Tomatoes w/ Dip Whole Wheat Roll
Chicken Fajitas 23 Chips Tuna Salad w/ Crackers Chef Salad Whole Kernel Corn Southern Turnip Greens	BBQ Pulled Pork Burger 24 Tuna Salad w/ Crackers Chef Salad Baked Beans Raw Veggies w/ Dip Black- Eyed Peas	Spaghetti & Meat Sauce 25 Chef Salad Black- Eyed Peas Steamed Broccoli Florets Tomatoes w/ Dip Yeast Roll	Chicken and Dumpling 26 Chef Salad Southern Collard Greens Tomatoes w/ Dip Lima Beans Yeast Roll	Pepperoni Pizza Wedge 27 Sausage Pizza Chef Salad Corn on the Cob Southern Mustard Greens Tomatoes w/ Dip
Turkey & Cheese Hoagie 30 Tuna Salad w/ Crackers Chef Salad Quick Baked Potato Steamed Broccoli Florets Whole Wheat Roll				

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