


# JANUARY 2023

## GREENWOOD CHARTER SCHOOL BREAKFAST & LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Banana Pancakes	Pancake Wrap	Blueberry Waffle	Cinni Minis	Muffin
No School 	No School	Hamburger Salad or Vegetables Fruit Milk or Water	Chicken Alfredo Broccoli Salad or Vegetables Fruit Milk or Water	Calzone Salad or Vegetables Fruit Milk or Water
9	10	11	12	13
Apple cinnamon Toast	Bagelful	Waffle	Banana Bread	Muffin
Chicken and Waffles Salad or Vegetables Fruit Milk or Water	Beef Nacho's Salad or Vegetables Fruit Milk or Water	Baked Potato Salad or Vegetables Fruit Milk or Water	Spaghetti Salad or Vegetables Fruit Milk or Water	Breakfast for Lunch Salad or Vegetables Fruit Milk or Water
16	17	18	19	20
	Pancake	Bagel	Twin Berry Breakfast Bars	Muffin
No School	Bean Burrito's Salad or Vegetables Fruit Milk or Water	Sloppy Joe Salad or Vegetable Fruit Milk or Water	Popcorn Chicken Bowl Salad or Vegetables Fruit Milk or Water	Pizza sticks Salad or Vegetables Fruit Milk or Water
23	24	25	26	27
Mini Waffles	Breakfast sliders	Bagelful	Taco Roll	Muffin
Chicken Sandwich Salad or Vegetables Fruit Milk or Water	Cheese Quesadilla Salad or Vegetables Fruit Milk or Water	Hoagie Club Salad or Vegetables Fruit Milk or Water	Lasagna Roll Salad or Vegetables Fruit Milk or Water	Pizza Rippers Salad or Vegetables Fruit Milk or Water
30	31	Feb. 1	Feb. 2	Feb. 3
Banana Pancakes	Mini Pancake wrap	Blueberry Waffle	Cinni Minis	Muffin
BBQ Pork Sandwich Salad or Vegetables Fruit Milk or Water	Taco's Salad or Vegetables Fruit Milk or Water	Grilled Cheese Tomato Soup Salad or Vegetables Fruit Milk or Water	Greenwood Pizza Salad or Vegetables Fruit Milk or Water	Chicken Nuggets Salad or Vegetables Fruit Milk or Water

**SALAD OR VEGGIES  
AND FRUIT OFFERED  
EVERY DAY!**

WHAT MAKES A LUNCH?

- Fruit
- Veggies
- Grains
- Protein
- Milk

Kids must select 3-5 components  
1 component needs to be  
½ cup fruit and/or veggie

Milk or Water is offered  
with every meal.



**Breakfast is served  
from 8:15-8:30 in  
Classroom**

We offer yogurt, fruit, cereal  
or the menu item.

**Meals are subject to  
change due to availability.**

**This institution is an  
Equal Opportunity  
Provider/Employer**