

# OCTOBER 2021

## GREENWOOD CHARTER IN SCHOOL BREAKFAST & LUNCH MENU

|           | MONDAY                                                                            | TUESDAY                                                                        | WEDNESDAY                                                                              | THURSDAY                                                                                                        | FRIDAY                                                                                                           |
|-----------|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
|           |                                                                                   |                                                                                |                                                                                        |                                                                                                                 | 1                                                                                                                |
| Breakfast |                                                                                   |                                                                                |                                                                                        |                                                                                                                 | Banana Bread                                                                                                     |
| Lunch     |                                                                                   |                                                                                |                                                                                        |                                                                                                                 | Breakfast for Lunch<br>Salad or Vegetables<br>Fruit<br>Milk or Water                                             |
|           | 4                                                                                 | 5                                                                              | 6                                                                                      | 7                                                                                                               | 8                                                                                                                |
| Breakfast | Mini Pancakes                                                                     | Dutch Waffles                                                                  | Muffins                                                                                | Nuri Grain Bars                                                                                                 | Cinni Minis                                                                                                      |
| Lunch     | Sloppy Joe<br>Salad Bar<br>Vegetables<br>Fruit<br>Milk or Water                   | Bean Burrito<br>Salad Bar<br>Vegetables<br>Fruit<br>Milk or Water              | Breadstick with<br>Marinara Sauce<br>Salad Bar<br>Vegetables<br>Fruit<br>Milk or Water | Alfredo Chicken<br>Salad Bar<br>Vegetables<br>Fruit<br>Milk or Water                                            | Calzones<br>Salad or<br>Vegetables<br>Fruit<br>Milk or Water                                                     |
|           | 11                                                                                | 12                                                                             | 13                                                                                     | 14                                                                                                              | 15                                                                                                               |
| Breakfast | Waffles                                                                           | Rolled Tacos                                                                   | Muffins                                                                                |                                                                                                                 |                                                                                                                  |
| Lunch     | Spaghetti<br>Salad Bar<br>Vegetables<br>Fruit<br>Milk or Water                    | Hoagie Club<br>Salad Bar<br>Vegetables<br>Fruit<br>Milk or Water               | Greenwood Pizza<br>Vegetables<br>Fruit<br>Milk or Water<br>No School                   | No School<br>Fall Break<br> | No School<br>Fall Break<br> |
|           | 18                                                                                | 19                                                                             | 20                                                                                     | 21                                                                                                              | 22                                                                                                               |
| Breakfast | Strawberry Bagel                                                                  | Pancakes                                                                       | Muffins                                                                                | Sausage Tornado                                                                                                 | Cinni Mini                                                                                                       |
| Lunch     | Beef & Broccoli<br>with Rice<br>Salad Bar<br>Vegetables<br>Fruit<br>Milk or Water | Caesar Chicken<br>Wrap<br>Salad Bar<br>Vegetables<br>Fruit<br>Milk or Water    | Quesadilla<br>Salad Bar<br>Vegetables<br>Fruit<br>Milk or Water                        | Baked Potato<br>Salad Bar<br>Vegetables<br>Fruit<br>Milk or Water                                               | Calzones<br>Salad Bar<br>Vegetables<br>Fruit<br>Milk or Water                                                    |
|           | 225                                                                               | 26                                                                             | 27                                                                                     | 28                                                                                                              | 29                                                                                                               |
| Breakfast | Pancake Wrap                                                                      | Berries & Cream                                                                | Muffins                                                                                | Banana Bread                                                                                                    | No school                                                                                                        |
| Lunch     | Hamburgers<br>Salad or<br>Vegetables<br>Fruit<br>Milk or Water                    | Chicken Enchilada<br>Chips<br>Salad or<br>Vegetables<br>Fruit<br>Milk or Water | Popcorn chicken<br>Bowl<br>Vegetables<br>Fruit<br>Milk or Water                        | Pizza Rippers<br>Salad or<br>Vegetables<br>Fruit<br>Milk or Water                                               | No School<br>HAPPY<br>Halloween                                                                                  |

**SALAD BAR  
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 fruit  
and/or  
veggie

Milk or  
Water is  
offered with  
every meal.



**Breakfast is served at 8:15 as Grab and Go to the classroom. We offer yogurt, cereal, or daily special.**

Meals are subject to change. *This institution is an Equal Opportunity Provider/Employer*