

# JANUARY 2019

## GREENWOOD CHARTER SCHOOL BREAKFAST & LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
		Muffins	Waffles	Omelet
No School	Happy New Years No school	Taco in a Bag Salad Bar Vegetables Fruit Milk or Water	Orange Chicken Salad Bar Vegetables Fruit Milk or Water	Pizza Hut Salad Bar Vegetables Fruit Milk or Water
7	8	9	10	11
Breakfast sliders	Breakfast Wrap	Muffins	Yogurt Parfait	Sausage Roll
Chicken Strips Salad Bar Vegetables Fruit Milk or Water	Bean Burritos Salad Bar Vegetables Fruit Milk or Water	Chef Salad Salad Bar Vegetables Fruit Milk or Water	Teriyaki Beef Dippers Salad Bar Vegetables Fruit Milk or Water	Pizza Rippers Salad Bar Vegetables Fruit Milk or Water
14	15	16	17	18
Pancakes	French Toast Sticks	Muffins	Breakfast Burrito	
Hamburger/ Cheese Burger Salad Bar Vegetables Fruit Milk or Water	Chicken Enchiladas Salad Bar Vegetables Fruit Milk or Water	Baked Potato Salad Bar Vegetable Fruit Milk or Water	Sloppy Joes Sandwich Salad Bar Vegetables Fruit Milk or Water	NO SCHOOL
21	22	23	24	25
	Breakfast Bagel	Muffins	Breakfast Pizza	Breakfast slider
NO SCHOOL	Taco Soup Salad Bar Vegetables Fruit Milk or Water	Turkey Cheese Sandwich Salad Bar Vegetables Fruit Milk or Water	Popcorn Chicken Bowl Salad Bar Vegetables Fruit Milk or Water	Pizza Pie Cafe Salad Bar Vegetables Fruit Milk or Water
28	29	30	31	Feb. 1
Scones	Oatmeal	Muffins	Waffles	Omelet
Chicken Sandwich Salad Bar Vegetables Fruit Milk or Water	Beef Nachos Salad Bar Vegetables Fruit Milk or Water	Breakfast for Lunch Salad Bar Vegetables Fruit Milk or Water	Shepherd's Pie Salad Bar Vegetables Fruit Milk or Water	Greenwood Pizza Salad Bar Vegetables Fruit Milk or Water

### 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 cup fruit and/or veggie

Milk or Water is offered  
with every meal.



**Breakfast is served  
from 8:00-8:20**

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**