

OCT 2018 ELEM

KANAWHA COUNTY SCHOOLS
THURSDAY **FRIDAY**

MONDAY

TUESDAY

WEDNESDAY

<p>Milk Choices: 1% White, NF Chocolate, NF White, NF Strawberry, Lactaid (upon request)</p> <p>Garden Bar: Assortment of fresh vegetables, LF Dressings, Local produce used daily</p> <p>Fruit Bar: Assorted fresh and canned fruit, seasonal local fruits used</p> <p>Fruit Juice: All juice served is 100% juice. Apple, Orange, Pineapple and grape are offered daily</p> <p>Cereal and all Grain items are currently 51% Whole Grain.</p> <p>Hot Oats and salad croutons offered daily</p>			<p>Menu subject to change due to availability of product.</p> <p>Any Menu adjustments are to be posted at the individual school.</p>	
<p>1 Mini Pancakes, warmed syrup Asst Cereal, Fruit, Juice, Milk</p> <p><u>Fish Sticks WG</u> Creamy Macaroni & Cheese Seasoned Peas Mandarin Oranges Garden/Fruit Bar Milk & Water</p>	<p>2 Apple Cinnamon Pull A parts, Yogurt ,Asst Cereal, Fruit, Juice, Milk</p> <p><u>Roasted Chicken Filet on a WG Bun</u> Lettuce, Tomato, Onion Baked Beans, Sidekick Sherbet Orange Glazed Carrots Garden/Fruit Bar Milk & Water</p>	<p>3 MVP Breakfast Ring, Yogurt Asst Cereal, Fruit, Juice, Milk</p> <p><u>BREAKFAST FOR LUNCH:</u> Eggs, Pancake on a Stick WG Warmed Cinnamon Apples Hash Browned Round Warm Biscuit, Apple butter Garden/Fruit Bar Milk & Water</p>	<p>4 Boiled Egg, Toast, Jelly, Hot Oats or Cereal, Fruit, Juice, Milk</p> <p><u>Turkey & Cheese Wrap (WG)</u> Lettuce & Tomato Seasoned Broccoli Baked Lays Chips Fresh Grapes Garden/Fruit Bar Milk & Water</p>	<p>5 Mini French Toast, warmed syrup Asst Cereal, Fruit, Juice, Milk</p> <p><u>Sloppy Joes on WG Bun</u> Seasoned Steak Wedges Green Beans Chilled Fresh Fruit Cup Rainbow Pepper Strips w/ Dip Garden/Fruit Bar Milk & Water</p>
<p>8 Zucchini Bread, Cheese Stick Asst Cereal, Fruit Juice, Milk</p> <p><u>French Bread Pizza WG</u> California Blend Steamed Veggies Fresh Garden Salad w baby spinach and locally grown grape tomatoes Mandarin Oranges Garden/Fruit Bar Milk & Water</p>	<p>9 Fruity Pancake Breakfast Pizza Asst Cereal, Fruit, Juice, Milk</p> <p><u>Hamburger on WG Bun</u> Lettuce, Tomato, Onion Savory Carrot Coins Emoji Smiley Fries Sliced Pears Garden/Fruit Bar Milk & Water</p>	<p>10 Egg Omelet, Wheat Toast Asst Cereal, Fruit, Juice, Milk</p> <p><u>Italian Pasta Bake</u> Seasoned Spinach Caesar Salad w/ ranch dressing WG Garlic Bread(texas toast) Strawberries and Bananas Garden/Fruit Bar Milk & Water</p>	<p>11 Lemon Blueberry Parfait w Granola, Asst Cereal, Fruit, Juice, Milk</p> <p><u>Chicken & Cheese Quesadilla (WG tortilla)</u> with shredded Lettuce, Tomato, Sour Cream Refried Beans, Black Bean Salad Tortilla Chips w Salsa; Corn Garden/Fruit Bar Milk & Water</p>	<p>12 Egg & Cheese Biscuit Asst Cereal, Fruit, Juice, Milk</p> <p><u>Beef Hot Dog on WG Bun</u> Crispy Thick Cut Fries Fresh Creamy Coleslaw, Chili Sauce(optional) Fresh Sliced Apples Garden/Fruit Bar Milk & Water</p>
<p>15 Egg and Cheese Breakfast Quesadilla , Asst Cereal, Fruit, Juice, Milk</p> <p><u>Chicken Tenders WG</u> Seasoned Sweet Potato Wedges Creamy Macaroni & Cheese Calico Baked Beans Lemon Raspberry Blue Sidekick Garden/Fruit Bar, Milk & Water</p>	<p>16 Sausage Biscuit Asst Cereal, Fruit, Juice, Milk</p> <p><u>Salisbury Steak with Brown Gravy</u> Mashed Potatoes Seasoned Green Beans School Made WG Roll Chilled Peaches Garden/Fruit Bar Milk & Water</p>	<p>17 Breakfast Pizza Asst Cereal, Fruit Juice, Milk</p> <p><u>Breaded Chicken Sandwich on WG Bun</u> Lettuce, Tomato, Onion Steamed Broccoli, Pineapple tidbits Fresh Garden Salad Garden/Fruit Bar, Milk & Water</p>	<p>18 Bacon Egg & Cheese, Pretzel Bun, Asst Cereal, Fruit, Juice, Milk</p> <p><u>Turkey Taco</u> Jumbo Hard shell w/ Ground Turkey, Shredded Lettuce, Diced Tomatoes, Salsa, Sour Cream, Cheddar Cheese Mexicali Corn, Spanish Rice Garden/Fruit Bar</p>	<p>19 Blueberry Muffin, Yogurt Asst Cereal or Hot Oats, Fruit, Juice, Milk</p> <p><u>Cheese Flatbread Pizza, WG</u> Cheese Stick Sweet Roasted Corn, Rainbow Pepper strips w/ranch dip Mandarin Oranges Garden/Fruit Bar Milk and Water</p>
<p>22 French Toast Minis Asst Cereal, Fruit, Juice, Milk</p> <p><u>Teriyaki Chicken</u> California Blend Vegetables Wild Rice Pilaf or Egg Roll WG Romaine Salad w/ WG Croutons Mandarin oranges Garden/Fruit Bar Milk & Water</p>	<p>23 Breakfast Taco, Asst Cereal, Fresh fruit cup, Chilled Juice, Milk</p> <p><u>Cheeseburger on WG Bun</u> Lettuce, Tomato, Onion Seasoned Potato Spirals Powerhouse Baked Beans Fresh Apple Wedges Garden/Fruit Bar Milk & Water</p>	<p>24 Banana Bread, Yogurt Asst Cereal or Hot Oats, Fruit, Juice, Milk</p> <p><u>Chicken and Noodles</u> Savory Orange Glazed carrots Fresh Spinach Salad w/ grape tomato School made Wheat Roll Pineapple Tidbits Garden/Fruit Bar Milk & Water</p>	<p>25 Strawberry and Cream Cheese Cinnamon Triangles Asst Cereal Fruit, Juice, Milk</p> <p><u>Spaghetti w/ Meat Sauce</u> Garlic WG breadstick Sweet kernel Corn Strawberries & Bananas Caesar Salad w/ Ranch, WG Croutons Garden/Fruit Bar & Milk & Water</p>	<p>26 Chicken Sliders Asst Cereal, Fruit, Juice, Milk</p> <p><u>WG Pepperoni Roll</u> Cheese Stick Steamed Broccoli Spring Garden Salad Celebration Cake & Sidekick Garden/Fruit Bar Milk & Water</p>