

SEPT 2018 ELEM

KANAWHA COUNTY SCHOOLS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<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>3</p> <p>LABOR DAY</p>	<p>4 Boiled Egg, Toast, Jelly, Hot Oats or Cereal, Fruit, Juice, Milk</p> <p><u>BREAKFAST FOR LUNCH:</u> Eggs, Pancake on a Stick WG Warmed Cinnamon Apples Hash Browned Rounds Warm Biscuit Apple butter Garden/Fruit Bar Milk & Water</p>	<p>5 MVP Breakfast Ring, Yogurt Asst Cereal, Fruit, Juice, Milk</p> <p><u>Chicken Nuggets WG</u> Creamy Macaroni & Cheese Seasoned Peas Mandarin Oranges Garden/Fruit Bar Milk & Water</p>	<p>6 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>7 Mini French Toast, warmed syrup Asst Cereal, Fruit, Juice, Milk</p> <p><u>Sloppy Joes on WG Bun</u> Seasoned Steak Wedges Steamed Broccoli Chilled Fresh Fruit Cup Rainbow Pepper Strips w/ Dip Garden/Fruit Bar Milk & Water</p>	
<p>10 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>11 Egg & Cheese Biscuit Asst Cereal, Fruit, Juice, Milk</p> <p><u>All 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>12 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 or Black Bean Salad Tortilla Chips w Salsa; Corn Garden/Fruit Bar Milk & Water</p>	<p>13 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 Strawberries and Bananas Garden/Fruit Bar Milk & Water</p>	<p>14 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 Fresh Melon Cup Garden/Fruit Bar Milk & Water</p>	
<p>17 Egg and Cheese Breakfast Quesadilla Asst Cereal, Fruit, Juice, Milk</p> <p><u>Chicken Tenders</u> Seasoned Sweet Potato Wedges Creamy Macaroni & Cheese Calico Baked Beans Lemon Raspberry Blue Sidekick Garden/Fruit Bar, Milk & Water</p>	<p>18 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>19 Breakfast Pizza Asst Cereal, Fruit Juice, Milk</p> <p><u>Chicken Parmesan on Spaghetti</u> School Made WG Breadstick Steamed Broccoli, Pineapple tidbits Fresh Garden Salad Garden/Fruit Bar Milk & Water</p>	<p>20 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>21 Bacon, Egg & Cheese Pretzel Bun Asst Cereal, Fruit, Juice, Milk</p> <p><u>Beef Taco Salad:</u> Jumbo Hard shell w/ Shredded Lettuce, Diced Tomatoes, Salsa, Sour Cream, Cheddar Cheese Mexicali Corn, Spanish Rice 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 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>26 French Toast Minis Asst Cereal, Fruit, Juice, Milk</p> <p><u>Teriyaki Chicken</u> Normandy Roasted Vegetables Wild Rice Pilaf or Egg Roll WG Romaine Salad w/ WG Croutons Mandarin oranges Garden/Fruit Bar Milk & Water</p>	<p>27 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/WG Croutons Garden/Fruit Bar & Milk & Water</p>	<p>28 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>	