

NOV 2018 ELEM

KANAWHA COUNTY SCHOOLS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| | | | | | | | | | |
|--|--|--|---|---|---|--|--|--|--|
| <p>Milk Choices: 1% White, NF Chocolate, NF White, NF Strawberry, Lactaid (upon request) Garden Bar: Assortment of fresh vegetables, LF Dressings, Local produce used daily Fruit Bar: Assorted fresh and canned fruit, seasonal local fruits used Fruit Juice: All juice served is 100% juice. Apple, Orange, and Grape are offered daily</p> | | | | | <p>Menu subject to change due to availability of product. Any Menu adjustments are to be posted at the individual school.</p> | | | | |
| <p>29 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>30 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>31 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>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 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>5</p> <p>No Students</p> | <p>6</p> <p>Election Day Schools Closed</p> | <p>7 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>8 Cinnamon Roll, Yogurt Cup, Asst Cereal, Fruit, Juice, Milk</p> <p><u>Chicken & Cheese Fajita (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>9 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) Carrot Sticks, Fresh Sliced Apples Garden/Fruit Bar, Milk & Water</p> | | | | | |
| <p>12</p> <p>Veterans Day Schools Closed</p> | <p>13 Egg and Cheese Breakfast Quesadilla, Asst Cereal, Fruit, Juice, Milk</p> <p><u>Chicken Nuggets, WG</u> Seasoned Sweet Potato Wedges Caesar Salad w WG Croutons Calico Baked Beans Lemon Raspberry Blue Sidekick Garden/Fruit Bar, Milk & Water</p> | <p>14 Sausage Biscuit Asst Cereal, Fruit, Juice, Milk</p> <p><u>French Bread Pizza WG</u> Steamed Carrot Coins Fresh Garden Salad w Baby Spinach And locally grown grape tomatoes Mandarin Oranges Garden/ Fruit Bar, Milk & Water</p> | <p>15 Breakfast Pizza Asst Cereal, Fruit Juice, Milk</p> <p><u>Breaded Chicken Sandwich On WG Bun</u> Lettuce, Tomato, Onion Steamed Broccoli Pineapple tidbits Garden/Fruit Bar, Milk & Water</p> | <p>16 Bacon Egg & Cheese, Pretzel Bun, Asst Cereal, Fruit, Juice, Milk</p> <p><u>Thanksgiving Lunch Turkey, Gravy, Corn Mashed Potatoes, Green Beans WG Hot Roll, Cornbread Stuffing Pumpkin Pie with Whipped Topping</u> Garden/Fruit Bar, Milk & Water</p> | | | | | |
| <p>19</p> <p>Schools Closed</p> | <p>20</p> <p>Schools Closed</p> | <p>21</p> <p>Schools Closed</p> | <p>22</p> <p>Thanksgiving Holiday Schools Closed</p> | <p>23</p> <p>Schools Closed (may be used as make-up day)</p> | | | | | |
| <p>26 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>27 Breakfast Taco, Asst Cereal, Fresh fruit cup, Chilled Juice, Milk</p> <p><u>Cheeseburger on WG Bun</u> Lettuce, Tomato, Onion, Pickles Vegetable Soup Seasoned Potato Spirals Powerhouse Baked Beans Fresh Apple Wedges Garden/Fruit Bar, Milk & Water</p> | <p>28 Banana Bread, Yogurt, Asst Cereal or Hot Oats, Fruit, Juice, Milk</p> <p><u>Chicken and Noodles</u> Served with a Biscuit Savory Orange Glazed Carrots Fresh Spinach Salad w/ Grape Tomatoes and WG Croutons Pineapple Tidbits Garden/Fruit Bar, Milk & Water</p> | <p>29 Chicken Sliders Asst Cereal, Fruit, Juice, Milk</p> <p><u>WG Pepperoni Roll</u> Cheese Stick Steamed Broccoli Spring Garden Salad Strawberries & Bananas Garden/Fruit Bar, Milk & Water</p> | <p>30 Strawberry & Cream Cheese Cinnamon Triangles Asst Cereal, Fruit, Juice, Milk</p> <p><u>Spaghetti w/ Meat Sauce</u> Garlic WG breadstick Sweet kernel Corn Celebration Cake, Ice Cream Caesar Salad w/ Ranch, WG Croutons Garden/Fruit Bar & Milk & Water</p> | | | | | |

