

DEC 2018 ELEM

**KANAWHA COUNTY SCHOOLS**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p><b>Milk Choices:</b> 1% White, NF Chocolate, NF White, NF Strawberry, Lactaid ( upon request)  <b>Garden Bar:</b> Assortment of fresh vegetables, LF Dressings, Local produce used daily  <b>Fruit Bar:</b> Assorted fresh and canned fruit, seasonal local fruits used  <b>Fruit Juice:</b> All juice served is 100% juice. Apple, Orange, and Grape are offered daily  <b>Cereal and all Grain</b> items are currently 51% Whole Grain.</p>		<p>Bacon Egg and Cheese Biscuit</p>		<p><b>Menu subject to change due to availability of product.</b>          Any Menu adjustments are to be posted at the Individual school.</p>
<p><b>3</b> MVP Donut, Yogurt, Asst Cereal and Hot Oats, Fruit, Juice, Milk  <b>Baked Fish and Chips</b>          Coleslaw          Green Beans          Strawberries &amp; Bananas          Garden/Fruit Bar          Milk &amp; Water</p>	<p><b>4</b> Blueberry Pancake on a Stick, Asst Cereal, Fruit, Juice, Milk  <b>Breakfast for Lunch</b>          Scrambled Eggs, Ham Slice, Country Hash Potato Casserole, Biscuit &amp; Gravy, Hot Cinnamon Apples          Garden/Fruit Bar          Milk &amp; Water</p>	<p><b>5</b> Breakfast Pizza          Asst Cereal, Fruit, Juice, Milk  <b>Chicken Nuggets</b>          Twice Baked Potatoes          Steamed Spinach greens          Mixed fruit          Garden/Fruit Bar          Milk &amp; Water</p>	<p><b>6</b> Boiled Egg or Scrambled Egg, Toast, Oatmeal, Asst Cereal and Hot Oats, Fruit, Juice, Milk  <b>Salisbury Steak with gravy</b>          Mashed Potatoes          Hot Roll (WG)          Honey Glazed Carrots          Garden/Fruit Bar, Milk &amp; Water</p>	<p><b>7</b> Cinnamon Roll, Yogurt, Asst Cereal, Fruit, Juice, Milk  <b>Soft Taco's</b>          Lettuce, tomato, salsa          Nacho chips and cheese          Sliced Peaches          Frozen Fruit Sidekick          Garden/Fruit Bar, Milk &amp; Water</p>
<p><b>10</b> Ham Egg &amp; Cheese English Muffin          Asst Cereal, Fruit, Juice, Milk  <b>Chicken Drumsticks</b>          Mashed Potatoes w gravy          Savory Carrots          Hot Roll (WG)          Garden/Fruit Bar          Milk &amp; Water</p>	<p><b>11</b> French Toast, Warmed Syrup, Asst Cereal and Oats, Fruit, Juice, Milk  <b>Beef Chimichangas</b>          Spanish Rice          Mexicali Corn          Chocolate pudding cup          Garden/Fruit Bar          Milk &amp; Water</p>	<p><b>12</b> Breakfast Burrito w/ Salsa          Asst Cereal, Fruit, Juice, Milk  <b>Powerhouse Chili</b>          Corn Bread Bowl          Chilled peach Cup          California Blend          Garden/Fruit Bar          Milk &amp; Water</p>	<p><b>13</b> Zucchini Bread, Yogurt, Asst Cereal and Oats, Fruit, Juice, Milk  <b>Hot Ham and Cheese on WG Panini</b>          Baked Potato Bar          Steamed Broccoli          Baked Chips          Garden/Fruit Bar          Milk &amp; Water</p>	<p><b>14</b> Raspberry Churro, Yogurt          Asst Cereal, Fruit, Juice, Milk  <b>School Made Pepperoni Roll (WG)</b>          Cheese Stick          Corn          Cherry Crisp          Garden/Fruit Bar          Milk &amp; Water</p>
<p><b>17</b> Double Chocolate Muffin, Yogurt, Asst Cereal, Fruit, Juice, Milk  <b>Baked Spaghetti w/ Meat Sauce</b>          WG Cheese stuffed breadstick          Caesar Salad w croutons          Steamed Spinach          Garden/Fruit Bar          Milk &amp; Water</p>	<p><b>18</b> Egg &amp; Cheese Quesadilla          Asst Cereal, Fruit, Juice, Milk  <b>Bacon Cheeseburger on Pretzel Bun</b>          Lettuce, Tomato, Onion          Steak Cut Fries          Fresh Carrots &amp; Cauliflower w/ dip          Garden/Fruit Bar          Milk&amp; Water</p>	<p><b>19</b> Mini Pancakes, Warmed Syrup, Asst Cereal, Fruit, Juice, Milk  <b>Cooks Choice</b></p>	<p><b>20</b> Chicken Slider,          Asst Cereal, Fruit, Juice, Milk  <b>Turkey Roast</b>          Mashed Potatoes w/ Gravy          Green Beans Dressing          Hot Roll (WG), Red Velvet Cookie          Garden/Fruit Bar          Milk &amp; Water</p>	<p><b>21</b> Egg &amp; Cheese Omelet          Asst Cereal, Fruit, Juice, Milk  <b>Mini Corn Dog</b>          Pinto Beans w/ cornbread          Tater Tots          Peach Cup          Garden/Fruit Bar          Milk&amp; Water</p>
<p><b>24</b> Schools Closed</p>	<p><b>25</b> Christmas Holiday          Schools Closed</p>	<p><b>26</b> Schools Closed</p>	<p><b>27</b> Schools Closed</p>	<p><b>28</b> Schools Closed</p>
<p><b>31</b> Schools Closed</p>				

