

**NOVEMBER 2017 ELEM**

**KANAWHA COUNTY SCHOOLS**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

		<p><b>1</b> Mini Pancakes w syrup; Hot Oats or cereal; fruit and Juice; Milk</p> <p>Crunchy Beef Tacos (2) Shredded Lettuce, Diced Tomatoes, Cheese, Sour Cream, Salsa Pinto Beans Warm Peach Crisp Garden Bar/ Fruit/ LF Milk Variety</p>	<p><b>2</b> Sausage Biscuit, Hot Oats or Cereal, Fruit, Juice, Milk</p> <p>Salisbury Steak Smothered w Gravy Buttery Mashed Potatoes Seasoned Green Beans School Made Hot Roll Garden Bar/Fruit Bar Low Fat Milk Variety</p>	<p><b>3</b> Cinnamon Toast, Yogurt, Hot Oats or Cereal, Fruit, Juice, Milk</p> <p>Crispy Chicken Patty on WG Bun Lettuce, Tomato and Onion Baked Beans Seasoned Potato Wedges Garden Bar/Fruit Bar Low Fat Milk Variety</p>
<p><b>6</b> Chicken Biscuit; Hot Oats or Cereal; Fruit and Juice; Milk</p> <p>Sloppy Joe's on Bun Fresh Carrot and Celery Sticks Ranch Dip Crinkle Cut French Fries Garden Bar/Fruit Low Fat Milk variety</p>	<p><b>7</b></p> <p>COOK'S CHOICE</p>	<p><b>8</b> Muffins; Yogurt , Overnight Oats or cereal; Fruit and Juice, milk</p> <p>Tangy BBQ on a WG rich Bun Sweet local Corn on the Cob Creamy Coleslaw Baked Northern Beans Garden Bar/ Fruit Low Fat Milk variety</p>	<p><b>9</b> Boiled Egg; Toast and jelly Hot Oats or cereal; Fruit, Juice, Milk</p> <p><b>K-2<sup>nd</sup> Parents/Guardians are Invited to Thanksgiving lunch</b></p> <p>Oven Roasted Turkey, Cornbread Stuffing, Mashed Potatoes w Gravy Green Beans, Corn, Hot Roll, Pumpkin Pie, Garden &amp; Fruit Bar- LF Milk Variety</p>	<p><b>10</b></p> <p><b>Veterans Day Schools and Offices CLOSED</b></p>
<p><b>13</b> Sausage Bites, Hot oats or cereal, Fresh Fruit, Juice, Milk</p> <p>School Made Cheese Pizza Steamed Broccoli Florets Chilled Pear Slices Colorful pepper strips with Dip Garden Bar / Fruit Low Fat Milk variety</p>	<p><b>14</b> Breakfast Pizza, Hot oats or Cereal; Fruit and Juice, Milk</p> <p>Creamy Chicken and Noodles Spring garden salad with spinach Orange glazed baby Carrots School Made Hot Roll Garden Bar/ Fruit Low Fat Milk variety</p>	<p><b>15</b>MVP; Yogurt Cup; Hot Oats or Cereal; Fruit and Juice; Milk</p> <p>Scrambled Eggs; Yogurt Cup Pancake on a Stick, syrup Diced Country Potatoes Warm Cinnamon Apples Garden Bar/ Fruit Low Fat Milk variety</p>	<p><b>16</b> Sausage Biscuit, Cereal Yogurt Cup, Fruit and Juice; Milk</p> <p>Baked Chicken Parmesan over Noodles; Tossed Romaine Salad Caesar Salad w Croutons School Made Breadstick Garden Bar/ Fruit Low Fat Milk variety</p>	<p><b>17</b> Egg and Cheese Biscuit, Hot Oats cereal, Fruit and Juice, Milk</p> <p><b>1 PM DISMISSAL</b></p> <p>Hamburger on a WG rich Bun Fresh Cut Potato Wedges Baked Beans Mixed Fruit Cup, Garden Bar/ Fruit Low Fat Milk variety</p>
<p><b>20<sup>th</sup>-22<sup>ND</sup> THANKSGIVING BREAK – SCHOOLS CLOSED</b></p> <p><b>23<sup>rd</sup>-24<sup>th</sup> THANKSGIVING BREAK – SCHOOLS AND OFFICES CLOSED</b></p>				
<p><b>27</b> Pancake on a stick; Hot Oats Or Cereal; Fruit, Juice, Milk</p> <p>Crispy Chicken Nuggets Buttery Mashed Potatoes w Gravy Seasoned Green beans School Made Hot Roll Garden Bar/ Fruit Low Fat Milk variety</p>	<p><b>28</b> Breakfast Wrap; Hot Oats; Cereal; Juice and Fruit; Milk</p> <p>Chicken Fajitas: lettuce, tomato, Salsa, and cheese on Tortilla; Spanish Rice Refried Beans and Nacho chips Garden Bar/ Fruit Low Fat Milk variety</p>	<p><b>29</b> Banana Muffin; Yogurt, Overnight Oats or Cereal; Fruit and Juice; Milk</p> <p>Italian Pasta Bake with Meat Sauce California Blend vegetables Garlic Toast Chilled Peach Slices Garden Bar / Fruit LF Milk variety</p>	<p><b>30</b>Boiled Egg, Toast and Jelly; Hot Oats or Cereal; Fruit, Juice, Milk</p> <p>Student's Favorite Pepperoni Roll Caesar Salad with Croutons Choice of Cheese Stick or Yogurt Chilled Pear Slices Garden Bar / Fruit Low Fat Milk variety</p>	<p><b>1</b> Pastry, Yogurt, Hot Oats or cereal; Fruit and Juice, Milk</p> <p>Teriyaki Chicken with Stir Fry Veg Crispy Spring Egg Roll Wild Rice Pilaf Cake and Ice Cream Cup Garden Bar/ Fruit Bar Low Fat Milk Variety</p>

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