

OCTOBER 2017 ELEM

KANAWHA COUNTY SCHOOLS
THURSDAY **FRIDAY**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2 Breakfast Pizza; Hot Oats or Cereal; Fruit and Juice; Milk Pepperoni & Cheese Flatbread Pizza Garden Spinach Salad Glazed Carrots School Made Ranch Dressing Garden Bar/ Fruit Low Fat Milk variety	3 MVP; Yogurt Cup; Hot Oats or Cereal; Fruit and Juice; Milk Classic Cheeseburger on WG Bun Crinkle Cut French Fries Sweet Corn on the cob Chilled Strawberry Cup Garden Bar/Fruit Low Fat Milk variety	4 Sausage Biscuit, Hot Oats or Cereal, Fruit, Juice, Milk Salisbury Steak Smothered w Gravy Buttery Mashed Potatoes Seasoned Green Beans School Made Hot Roll Garden Bar/Fruit Bar Low Fat Milk Variety	5 Cinnamon Toast, Yogurt, Hot Oats or Cereal, Fruit, Juice, Milk Crispy Chicken Patty on WG Bun Lettuce, Tomato and Onion Baked Beans Seasoned Potato Wedges Garden Bar/Fruit Bar Low Fat Milk Variety	6 Mini Pancakes w syrup; Hot Oats or cereal; fruit and Juice; Milk Crunchy Beef Tacos (2) Shredded Lettuce, Diced Tomatoes, Cheese, Sour Cream, Salsa Piping Hot Pinto Beans Peach Crisp Garden Bar/ Fruit/ LF Milk Variety	9 Blueberry Muffin, Hot Oats or Cereal, Fruit, Juice, Milk All Beef Hot Dog on WG rich Bun Sweet Potato Puffs (Hot dog sauce/coleslaw optional) Carrot & Celery Sticks w Dip Garden Bar/Fruit Bar Low Fat Milk Variety	10 Pastry; Yogurt, Overnight Oats or cereal; Fruit and Juice, milk 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	11 Breakfast Wrap, Hot Oats or Cereal, Fruit, Juice, Milk Grilled Chicken Buttery Mashed Potatoes with Gravy Deluxe Broccoli and Cheese School Made Hot Roll Garden Bar/Fruit Bar Low Fat Milk Variety	12 Boiled Egg; Toast and jelly Hot Oats or cereal; Fruit, Juice, Milk Savory Spaghetti with meat sauce Steamed Zucchini Spring Garden Salad w/spinach School-made Breadstick Garden Bar/ Fruit Low Fat Milk variety	13 Chicken Biscuit; Hot Oats or Cereal; Fruit and Juice; Milk 1 PM DISMISSAL Satisfying Sloppy Joe on WG Bun Fresh Carrot and Celery Sticks Ranch Dip Crinkle Cut French Fries Garden Bar/Fruit Low Fat Milk variety
16 PARENT TEACHER CONFERENCES NO STUDENTS		17 Egg and Cheese Biscuit, Hot Oats cereal, Fruit and Juice, Milk Hamburger on WG Bun Fresh Cut Potato Wedges Baked Beans Chilled Fruit Mix Garden Bar/ Fruit Low Fat Milk variety	18 Sausage Bites, Hot oats or cereal, Fresh Fruit, Juice, Milk School Made Cheese Pizza Caesar Salad with croutons Chilled Pear Slices Colorful Pepper Strips with Dip Garden Bar / Fruit Low Fat Milk variety	19 Breakfast Pizza, Hot oats or Cereal; Fruit and Juice, Milk Creamy Chicken and Noodles Spring garden salad with spinach Orange glazed baby Carrots School Made Hot Roll Garden Bar/ Fruit Low Fat Milk variety	20 MVP; Yogurt Cup; Hot Oats or Cereal; Fruit and Juice; Milk Pancake on a Stick w syrup, Scrambled Eggs, Salsa, Yogurt Cup Golden Brown Diced Potatoes Warm Cinnamon Apples; Biscuit Garden Bar/ Fruit Low Fat Milk variety				
23 Pancake on a stick; Hot Oats Or Cereal; Fruit, Juice, Milk Crispy Chicken Nuggets Buttery Mashed Potatoes w Gravy Green beans School Made Hot Roll Garden Bar/ Fruit Low Fat Milk variety	24 Banana Muffin Yogurt, Overnight Oats/Cereal; Fruit Juice; Milk Italian Pasta Bake with Meat Sauce California Blend vegetables School-made Breadstick Chilled Peach Cup Garden Bar / Fruit Low Fat Milk variety	25 Breakfast Wrap; Hot Oats; Cereal; Juice and Fruit; Milk Cheesy Chicken Quesadilla: lettuce, Tomato, Salsa, on Soft Tortilla(2); Spicy Spanish Rice Refried Beans and Nacho chips Garden Bar/ Fruit Low Fat Milk variety	26 Boiled Egg, Toast and Jelly; Hot Oats or Cereal; Fruit and Juice; Milk Yummy Pepperoni Roll Caesar Salad with Croutons Choice of Cheese Stick or Yogurt Chilled Pear Slices Garden Bar / Fruit Low Fat Milk variety	27 Pastry, Yogurt, Hot Oats or cereal; Fruit and Juice, Milk Tasty Teriyaki Chicken Sizzling Stir Fry Vegetables Crispy Spring Egg Roll; Wild Rice Pilaf Garden Bar/ Fruit Cake and Ice Cream Cup Low Fat Milk variety					
30 MVP Donut; Yogurt; Hot Oats or Cereal; Fruit and Juice; Milk Classic Cheeseburger on WG Bun Lettuce, Tomato, Onion Crinkle Cut French Fries Buttery Corn on the cob Chilled Strawberry Cup Garden Bar/Fruit	31 Breakfast Pizza; Hot Oats or Cereal; Fruit and Juice; Milk Flatbread Cheese Pizza Garden Spinach Salad Glazed Carrots School Made Ranch Dressing Garden Bar/ Fruit Low Fat Milk variety								

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