

MAY 2018 Fast & Fresh Carbohydrates KANAWHA COUNTY SCHOOLS

<p>30 Chicken Salad on Croissant(29.5) Garden Salad(5) Crinkle Cut Fries(19) Sun Chips(19) Garden/Fruit Bar Milk & Water</p>	<p>1 Chef's Salad(12.5) w/ Egg, Diced Ham, Diced Turkey Assorted Dressing Homemade WG Croustons(10) Blueberry Muffin(30) Garden/Fruit Bar Milk & Water</p>	<p>2 Crunchy Hawaiian Wrap(42) Baked Chips(19) Celery Sticks(5) w/ Ranch(7) Pineapple Tidbits(19) Garden/Fruit Bar Milk & Water</p>	<p>3 Grilled Chicken Sandwich(31) Lettuce, Tomato, Onion(3) Baked Beans(36) Broccoli Salad(31) Doritos(19) Garden/Fruit Bar Milk & Water</p>	<p>4 Chicken Caesar Salad w/ Tomatoes(12.5) Assorted Dressing Banana Muffin(28) Fresh Grapes(18) Garden/Fruit Bar Milk & Water</p>
<p>1 Ham & Cheese Wrap(39) Lettuce, Tomato(2) Baby Carrots(6) w/ Ranch Dip(7) Potato Salad(18) Garden/Fruit Bar Milk & Water</p>	<p>8 NO SCHOOL</p>	<p>9 Grilled Chicken on Romaine Salad(12.5) Cucumbers, Carrots, Green Peppers School Made WG Croustons(10) Ranch Dressing(7) Chocolate Chip Muffin(28) Garden/Fruit Bar Milk & Water</p>	<p>10 Corn Dog(30) Baked Beans(36) French Fries(18) Carrot Sticks(6) w/ Ranch Dressing(7) Garden/Fruit Bar Milk & Water</p>	<p>11 Turkey & Cheese Sandwich(22.5) Lettuce, Tomato, Onion(3) Marrinated Black Bean Salad(16.75) Doritos(19) Frozen Fruit Sidekick(22) Garden/Fruit Bar Milk & Water</p>
<p>14 Chicken Salad on Croissant(29.5) Garden Salad(5) Crinkle Cut Fries(19) Sun Chips(19) Garden/Fruit Bar Milk & Water</p>	<p>15 Chef's Salad(12.5) w/ Egg, Diced Ham, Diced Turkey Assorted Dressing Homemade WG Croustons(10) Blueberry Muffin(30) Garden/Fruit Bar Milk & Water</p>	<p>16 Crunchy Hawaiian Wrap(42) Baked Chips(19) Celery Sticks(5) w/ Ranch(7) Pineapple Tidbits(19) Garden/Fruit Bar Milk & Water</p>	<p>17 Grilled Chicken Sandwich(31) Lettuce, Tomato, Onion(3) Baked Beans(36) Broccoli Salad(31) Doritos(19) Garden/Fruit Bar Milk & Water</p>	<p>18 Chicken Caesar Salad w/ Tomatoes(12.5) Assorted Dressing Banana Muffin(28) Fresh Grapes(18) Garden/Fruit Bar Milk & Water</p>
<p>21 Ham & Cheese Wrap(39) Lettuce, Tomato(2) Baby Carrot(6)s w/ Ranch Dip(7) Potato Salad(18) Garden/Fruit Bar Milk & Water</p>	<p>22 Double Cheeseburger(32) On WG Bun Lettuce, Tomato, Onion(3) Sun Chips(19) Broccoli Salad(31) Garden/Fruit Bar</p>	<p>23 Grilled Chicken on Romaine Salad(12.5) Cucumbers, Carrots, Green Peppers School Made WG Croustons(10) Ranch Dressing(7) Chocolate Chip Muffin(28) Garden/Fruit Bar Milk & Water</p>	<p>24 Corn Dog(30) Baked Beans(36) French Fries(19) Carrot Sticks(6) w/ Ranch Dressing(7) Garden/Fruit Bar Milk & Water</p>	<p>25 Turkey & Cheese Sandwich(22.5) Lettuce, Tomato, Onion(3) Marrinated Black Bean Salad(16.75) Doritos(19) Frozen Fruit Sidekick(22) Garden/Fruit Bar Milk & Water</p>
<p>28 NO SCHOOL</p>	<p>29 Chef's Salad(12.5) w/ Egg, Diced Ham, Diced Turkey Assorted Dressing Homemade WG Croustons(10) Blueberry Muffin(30) Garden/Fruit Bar Milk & Water</p>	<p>30 Crunchy Hawaiian Wrap(42) Baked Chips(19) Celery Sticks(5) w/ Ranch(7) Pineapple Tidbits(19) Garden/Fruit Bar Milk & Water</p>	<p>31 Grilled Chicken Sandwich(31) Lettuce, Tomato, Onion(3) Baked Beans(36) Broccoli Salad(31) Doritos(19) Garden/Fruit Bar Milk & Water</p>	<p>1 Chicken Caesar Salad w/ Tomatoes(12.5) Assorted Dressing Banana Muffin(28) Fresh Grapes(18) Garden/Fruit Bar Milk & Water</p>

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