NOVEMBER 2023 ELEM

KANAWHA COUNTY SCHOOLS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Cooks Choice, Cereal, Juice, Fresh Milk, Yogurt Grilled Cheese Sandwich Beef Vegetable Soup WG Saltine Crackers, Wow butter Cup Yogurt Cup Fruit and Garden Bar Milk and Water	2 Egg, Sausage Biscuit, Cereal Assorted Fresh Fruit/Juice Milk Cooks choice	3 Mini Maple Waffle yogurt Assorted Fresh Fruit/Juice Milk Cooks choice
6 Cinnamon Toast Crunch Breakfast Bar, Yogurt Fresh Fruit, Juice Milk Breakfast for lunch: Scrambled eggs, Mini Sausage Bites Hot Cinnamon Apples, Yogurt Hash brown Patty, Salsa Milk and Water Fruit and garden bar	7 Breakfast Burrito w/ salsa Cereal, Fresh Fruit, Juice Milk Salisbury Steak Mashed Potatoes Green Beans WG School Made Roll Milk and Water Fruit and Garden Bar	8 French Toast Sticks, Cereal Assorted Fresh Fruit Juice Milk Cheeseburger on WG Bun Romaine lettuce, tomato slices Crinkle Cut Fries Fresh Baby Carrots and Celery Sticks Milk and Water Fruit and Garden Bar	9 Pumpkin Bread Slice, Yogurt Cereal Fresh Fruit Juice Milk Taco Burrito w/WG Nacho Chips Salsa, Refried beans Mexicali Corn Royal Brownie Milk and Water Fruit and Garden Bar	10 No school
13 Banana Bread, Yogurt Smoothie, Cereal, Fresh Fruit, Juice, Milk Chicken Nuggets Seasoned Red Potato Wedges WG Sugar Cookie California Blend Vegetables Milk and Water Fruit and Garden Bar	14 Biscuit and Sausage Patty fresh fruit, 100% Fruit Juice, Milk Ham, Turkey, Cheese WG Wrap Lettuce, tomato, onion Garden Salad w/ Dressing Frozen Sidekick, WG Sun Chips Milk and Water Fruit and garden bar	15 French Toast Sticks, Cereal, Yogurt strawberries, Fruit, 100% Juice Milk French bread WG Cheese Pizza Steamed Broccoli Caesar Side Salad Frozen Juice Cup Milk and Water Fruit and Garden Bar	16 Cereal, MVP donut, Yogurt Fresh Fruit, Juice, Milk Oven Roasted turkey w/gravy Mashed potatoes, Cornbread Stuffing Green Beans, Wheat Roll Apple or Pumpkin Pie Milk and Water Fruit and Garden Bar	17 Scrambled Eggs, Toast, Bacon Cereal Assorted Fresh Fruit/Juice Milk Pigs in a Blanket WG Potato Rounds, Corn on the Cobb Rice Krispie Treat Vegetarian Beans Milk Garden Bar
20	21	22	23	24
27 Cinnamon Roll School Made WG Oatmeal or Cereal Fruit Juice, Fruit, Yogurt, Milk and Water WG Breaded Popcorn Chicken Mashed Potatoes, Gravy Steamed Carrots Applesauce Milk and Water	28 Bacon and Cheese Wrap, Fruit, 100%Juice, Cereal and Milk Sloppy Joes on a WG Bun Oven Roasted Potato Nuggets Corn on the Cobb Fresh Pear Milk and Water Fruit and garden Bar	29 Pancakes and maple syrup fruit juice, strawberry cup, cereal, milk and water Chicken Fajitas, WG Tortilla, Spanish Rice, Shredded Cheese Refried Beans, Sour Cream Local Salsa and Chips Milk and water Fruit and Garden Bar	30 Breakfast Chicken Biscuit Cereal, Fruit juice, Applesauce Cup, Milk and water Spaghetti and Meat Sauce Cheese Stuffed WG Bread Stick Steamed Broccoli Celebration Cake and Ice cream Milk and water Fruit and Garden Bar	Fruit Yogurt Parfait w/ granola, Egg, WG Toast, Cereal Fresh Fruit, Juice, Milk Pepperoni Roll WG Caesar Salad w/WG Croutons Yogurt or cheese stick Frozen Sidekick Milk and Water Fruit and Garden Bar 2023

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.
To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY).
USDA is an equal opportunity provider and employer.