

SEPT 2018 ELEM

**KANAWHA COUNTY SCHOOLS**  
**THURSDAY**      **FRIDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

Milk Choices: 1% White, NF Chocolate, NF White, NF Strawberry, Lactaid ( upon request)

Garden Bar: Assortment of fresh vegetables, LF Dressings, Local produce used daily

Fruit Bar: Assorted fresh and canned fruit, seasonal local fruits used

Fruit Juice: All juice served is 100% juice. Apple, Orange, Pineapple and grape are offered daily

Cereal and all Grain items are currently 51% Whole Grain. Hot Oats and salad croutons offered daily

**Menu subject to change due to availability of product.**

Any Menu adjustments are to be posted at the individual school.

<p><b>3</b></p> <p><b>LABOR DAY</b></p>	<p><b>4</b></p> <p>Boiled Egg, Toast, Jelly, Hot Oats or Cereal, Fruit, Juice, Milk</p> <p><u>BREAKFAST FOR LUNCH:</u>  Eggs, Pancake on a Stick WG  Warmed Cinnamon Apples  Hash Browned Rounds  Warm Biscuit Apple butter  Garden/Fruit Bar  Milk &amp; Water</p>	<p><b>5</b></p> <p>MVP Breakfast Ring, Yogurt Asst Cereal, Fruit, Juice, Milk</p> <p><u>Chicken Nuggets WG</u>  Creamy Macaroni &amp; Cheese  Seasoned Peas  Mandarin Oranges  Garden/Fruit Bar  Milk &amp; Water</p>	<p><b>6</b></p> <p>Apple Cinnamon Pull A parts, Yogurt ,Asst Cereal, Fruit, Juice, Milk</p> <p><u>Roasted Chicken Filet on a WG Bun</u>  Lettuce, Tomato, Onion  Baked Beans, Sidekick Sherbet  Orange Glazed Carrots  Garden/Fruit Bar  Milk &amp; Water</p>	<p><b>7</b></p> <p>Mini French Toast, warmed syrup Asst Cereal, Fruit, Juice, Milk</p> <p><u>Sloppy Joes on WG Bun</u>  Seasoned Steak Wedges  Steamed Broccoll  Chilled Fresh Fruit Cup  Rainbow Pepper Strips w/ Dip  Garden/Fruit Bar  Milk &amp; Water</p>
<p><b>10</b></p> <p>Chocolate Chip Muffin, Cheese Stick  Asst Cereal, Fruit Juice, Milk  <u>French Bread Pizza WG</u>  California Blend Steamed Veggies  Fresh Garden Salad w/ baby spinach and locally grown grape tomatoes  Mandarin Oranges  Garden/Fruit Bar  Milk &amp; Water</p>	<p><b>11</b></p> <p>Egg Omelet, Wheat Toast Asst Cereal, Fruit, Juice, Milk</p> <p><u>All Beef Hot Dog on WG Bun</u>  Crispy Thick Cut Fries  Fresh Creamy Coleslaw,  Chili Sauce( optional)  Fresh Sliced Apples  Garden/Fruit Bar  Milk &amp; Water</p>	<p><b>12</b></p> <p>Zucchini Bread, Lemon Blueberry Parfait, Asst Cereal, Fruit, Juice, Milk</p> <p><u>Chicken &amp; Cheese Quesadilla ( WG tortilla)</u> with shredded Lettuce, Tomato, Sour Cream  Refried Beans or Black Bean Salad  Tortilla Chips w Salsa; Corn  Garden/Fruit Bar  Milk &amp; Water</p>	<p><b>13</b></p> <p>Egg &amp; Cheese Biscuit Asst Cereal, Fruit, Juice, Milk</p> <p><u>Italian Pasta Bake</u>  Seasoned Spinach  Caesar Salad w/ ranch dressing  WG Garlic Bread  Strawberries and Bananas  Garden/Fruit Bar  Milk &amp; Water</p>	<p><b>14</b></p> <p>Fruity Pancake Breakfast Pizza Asst Cereal, Fruit, Juice, Milk</p> <p><u>Hamburger on WG Bun</u>  Lettuce, Tomato, Onion  Savory Carrot Coins  Emoji Smiley Fries  Fresh Melon Cup  Garden/Fruit Bar  Milk &amp; Water</p>
<p><b>17</b></p> <p>Egg and Cheese Breakfast Quesadilla  Asst Cereal, Fruit, Juice, Milk  <u>Chicken Tenders</u>  Seasoned Sweet Potato Wedges  Creamy Macaroni &amp; Cheese  Calico Baked Beans  Lemon Raspberry Blue Sidekick  Garden/Fruit Bar  Milk &amp; Water</p>	<p><b>18</b></p> <p>Sausage Biscuit Asst Cereal, Fruit, Juice, Milk</p> <p><u>Salisbury Steak with Brown Gravy</u>  Mashed Potatoes  Seasoned Green Beans  School Made WG Roll  Chilled Peaches  Garden/Fruit Bar  Milk &amp; Water</p>	<p><b>19</b></p> <p>Breakfast Pizza Asst Cereal, Fruit Juice, Milk</p> <p><u>Chicken Parmesan on Spaghetti</u>  School Made WG Breadstick  Steamed Broccoli,  Pineapple tidbits  Fresh Garden Salad  Garden/Fruit Bar  Milk &amp; Water</p>	<p><b>20</b></p> <p>Blueberry Muffin, Yogurt Asst Cereal or Hot Oats, Fruit, Juice, Milk</p> <p><u>SchoolMade Cheese Flatbread WG Pizza</u>  Cheese Stick  Sweet Roasted Corn,  Rainbow Pepper strips w/ranch dip  Mandarin Oranges  Garden/Fruit Bar  Milk and Water</p>	<p><b>21</b></p> <p>Bacon, Egg &amp; Cheese Fretzel Bun  Asst Cereal, Fruit, Juice, Milk  <u>Beef Taco Salad:</u> Jumbo Hard shell With Shredded Lettuce, Diced Tomatoes Salsa Sour Cream, Cheddar Cheese  Mexicali Corn, Spanish Rice  Garden/Fruit Bar  Milk &amp; Water</p>
<p><b>24</b></p> <p>Banana Bread, Yogurt Asst Cereal or Hot Oats, Fruit, Juice, Milk</p> <p><u>Chicken and Noodles</u>  Savory Orange Glazed carrots  Fresh Spinach Salad w/ grape tomato  School made Wheat Roll  Pineapple Tidbits  Garden/Fruit Bar  Milk &amp; Water</p>	<p><b>25</b></p> <p>Breakfast Taco, Asst Cereal, Fresh fruit cup, Chilled Juice, Milk</p> <p><u>Cheeseburger on WG Bun</u>  Lettuce, Tomato, Onion  Seasoned Potato Spirals  Powerhouse Baked Beans  Fresh Apple Wedges  Garden/Fruit Bar  Milk &amp; Water</p>	<p><b>26</b></p> <p>French Toast Minis Asst Cereal, Fruit, Juice, Milk</p> <p><u>Teriyaki Chicken</u>  Normandy Roasted Vegetables  Wild Rice Pilaf or Egg Roll WG  Romaine Salad w/ WG Croutons  Mandarin oranges  Garden/Fruit Bar  Milk &amp; Water</p>	<p><b>27</b></p> <p>Strawberry and Cream Cheese Cinnamon Triangles Asst Cereal Fruit, Juice, Milk</p> <p><u>Spaghetti w/ Meat Sauce</u>  Garlic WG breadstick  Sweet kernel Corn  Strawberries and bananas  Caesar Salad w/WG Croutons  Garden/Fruit Bar  Milk &amp; Water</p>	<p><b>28</b></p> <p>Chicken Sliders Asst Cereal, Fruit, Juice, Milk</p> <p><u>WG Pepperoni Roll</u>  Cheese Stick  Steamed Broccoli  Spring Garden Salad  Celebration Cake &amp; Sidekick  Garden/Fruit Bar  Milk &amp; Water</p>