



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Alum Creek Elementary 4540 Brounland Road South Charleston, WV 25309 (304) 348-1935 Fax (304)348-1936</p>					
<p>No School</p>		<p>3 MVP Breakfast or Cinnamon Toast, Yogurt Assorted Fresh Fruit, Juice, Milk</p> <p>Corn Dog or Fish Sticks Macaroni and Cheese Great Northern Beans Chilled Cling Peaches Milk & Water Fruit and Garden Bar</p>	<p>4 Sausage Biscuit, Cereal Fresh Fruit Cup, Juice, Milk</p> <p>Baked Chicken School Made Hot Roll Mashed potato with gravy Steamed buttered Carrots, Milk and Water Fruit and Garden Bar</p>	<p>5 Oatmeal or Cereal, Yogurt, Peach Cup, Juice, Milk</p> <p>Sloppy Joe on WG Bun Potato Wedges Creamy Coleslaw Milk & Water Fruit and Garden Bar</p>	<p>6 Breakfast Pizza Smoothie, Fresh Fruit, Juice, Milk</p> <p>Pepperoni Roll Yogurt or String Cheese Stick Caesar Salad w/ Ranch Applesauce Milk and Water Fruit and Salad Bar</p>
<p>9 Pancakes Warmed Blueberry Syrup Peach Cup, Juice, Milk</p> <p>Salisbury Steak w/gravy Mashed potatoes Green Beans; WG School Made Roll Strawberry Cup Milk & Water Fruit and Garden Bar</p>	<p>10 Warmed Ham Cheese Croissant Cereal; Fresh Fruit, Juice, Milk</p> <p>Scrambled eggs, Sausage Patty Biscuit w gravy Diced Country Potatoes Cinnamon Apples Milk & Water Fruit and Garden Bar</p>	<p>11 Fiesta Breakfast Swirl Cereal; Fresh Fruit, Juice, Milk</p> <p>Cheeseburger on WG Bun Crispy Shoestring Fries Pinto Beans w/cornbread Lime Sherbet Milk & Water Fruit and Garden Bar</p>	<p>12 Hot Oats or Apple Strudel Bars Yogurt, Fresh Fruit, Juice, Milk</p> <p>Spaghetti w /meat balls Caesar Salad Steamed Broccoli Florets Garlic Texas Toast Milk & Water Fruit and Garden Bar</p>	<p>13 Mini French Toast Sticks, Cereal, Strawberry Cup, Juice, Milk</p> <p>Grilled Cheese, Tomato Soup Celery & Carrot Sticks with Dip Goldfish crackers; Apple slices <u>Milk & Water, Fruit & Garden Bar</u> No Preschool 2 Hr. Early Out</p>	
<p>16 Martin Luther King Jr. Day No School</p> 	<p>17 Cinnamon Puffs, Cereal, Fresh Fruit, Juice, Milk</p> <p>Chicken and Noodles Fresh Caesar Salad Orange Glazed carrots Strawberry Cup Milk & Water Fruit and Garden Bar</p>	<p>18 Waffle Sticks w/ Peach Yogurt Cereal; Fresh Fruit, Juice, Milk</p> <p>Taco Salad w Nacho Chips Refried Beans, Tomato Salsa Steamed Buttered Corn Mixed Fruit Milk & Water Fruit and Garden Bar</p>	<p>19 Excellent Egg Tac-Go, Salsa Asst Fresh Fruit, Juice, Milk</p> <p>Beef a Roni Steamed Parmesan Broccoli Warmed Texas Toast Blueberry Banana Delight Milk & Water Fruit and Garden Bar</p>	<p>20 Sausage Biscuit, Cereal, Fresh Fruit, Juice, Milk</p> <p>Sliced Turkey Mashed Potatoes and Gravy Steamed Spinach Greens Applesauce; Hot Roll Milk & Water <u>Fruit and Garden Bar</u> No Preschool</p>	
<p>23 Blueberry Muffin, String Cheese, Cereal, Fruit, Juice, Milk</p> <p>Hot Dog on a Bun(sauce optional) Crinkle Cut French Fries Baked beans Milk & Water Fruit and Garden Bar</p>	<p>24 Colby Cheese Omelet, Cereal, Fresh Fruit, Juice, Milk</p> <p>Powerhouse Chili Baked Potato w/ sour cream; cheese Cornbread wedge or Saltines Milk & Water Fruit and Garden Bar</p>	<p>25 Bagel w/cream cheese, Fruit Strawberry Cup, Fresh Fruit, Juice, Milk</p> <p>Chicken Fajita Wraps Steamed Fajita Vegetables, Salsa, Spanish Rice Milk & Water Fruit and Garden Bar</p>	<p>26 Breakfast Wrap: egg, cheese, Sausage; Cereal, Fresh Fruit, Juice, Milk</p> <p>Crispy Baked Chicken Drumsticks Mashed Potatoes and gravy Sweet Buttered Peas School Made Hot Roll, Strawberries, Milk & Water Fruit and Garden Bar</p>	<p>27 Oatmeal or Cereal, Toast; Yogurt, Peach Cup, Juice, Milk Pepperoni French Bread Pizza Caesar Salad; Corn Fruit Cup, Royal Brownies, ice cream, Milk, Water <u>Fruit & Garden Bar</u> No Preschool 2017 Birthday Lunch</p>	