

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Alum Creek Elementary**

4540 Brounland Road  
 South Charleston, WV 25309  
 Phone (304) 348-1935  
 Fax (304) 348-1936



**4**

**No School**

**5** Breakfast Pizza; Oats or Cereal; Fruit & Juice; Milk

Flatbread Cheese Pizza  
 Garden Spinach Salad  
 Fresh Broccoli and Cauliflower  
 School Made Ranch Dressing  
 Garden Bar/ Fruit  
 Low Fat Milk variety

**6** Yogurt Cup; Oats or Cereal; Fruit & Juice; Milk

Cheeseburger on a WG rich Bun  
 Crinkle Cut French Fries  
 Sweet Corn on the cob  
 Strawberries & Bananas  
Garden Bar/Fruit & Milk

**Picture Day**

**7** Sausage Biscuit; Oats or Cereal; Fruit & Juice; Milk

Salisbury Steak w/ Gravy  
 Mashed Potatoes  
 Honey Glazed Carrots  
 School Made Hot Roll  
 Garden Bar/ Fruit  
 Low Fat Milk variety

**8** Pancakes with syrup; Oats or cereal; fruit & Juice; Milk

Crunchy Beef Taco Salad  
 Lettuce, tomatoes, sour cream  
 Refried beans,  
 Mexicali Corn, Royal Brownies  
Garden Bar/ Fruit/Milk

**No Preschool**

**11** Chicken Biscuit; Hot Oats or Cereal; Fruit & Juice; Milk

Powerhouse Sloppy Joe's on Bun  
 Fresh Carrot and Celery Sticks  
 Ranch Dip  
 Crinkle Cut French Fries  
 Garden Bar/Fruit  
 Low Fat Milk variety

**12** Breakfast Wrap; Hot oats or cereal; Fruit & Juice; Milk

Rotisserie Chicken  
 Mashed Potatoes with Gravy  
 Steamed Broccoli and Cheese  
 School Made Hot Roll  
 Garden Bar/ Fruit  
 Low Fat Milk variety

**13** Muffins; Yogurt Oats or cereal; & Juice, milk

Tangy BBQ on a WG rich Bun  
 Sweet local Corn on the Cob  
 Creamy Coleslaw  
 Baked Vegetarian Bean  
 Garden Bar/ Fruit  
 Low Fat Milk variety

**14** Boiled Egg; Toast & jelly Oats or cereal; Fruit, Juice, Milk

Spaghetti with meat sauce  
 Steamed Zucchini  
 Spring Garden Salad w/spinach  
 School Made Breadstick  
 Garden Bar/ Fruit  
 Low Fat Milk variety

**15** Muffin or Pastry; Hot oats or cereal; fruit & juice; Milk

Beef Hot Dog on Bun  
 Sweet Potato Tater Puffs  
 Hot dog sauce/coleslaw  
 Carrots and Celery Sticks  
Garden Bar/ Fruit & Milk

**No Preschool**

**18** Sausage Bites, Hot oats or cereal, Fresh Fruit, Juice, Milk

Cheese Pizza  
 Caesar Salad with croutons  
 Frozen Fruited Sidekick Cup  
 pepper strips with Dip  
Garden Bar / Fruit & Milk

**Book Fair**

**19** Breakfast Pizza, Hot oats or Cereal; Fruit & Juice, Milk

Chicken & Noodles  
 garden salad with spinach  
 Orange glazed baby Carrots  
 Hot Roll  
Garden Bar/ Fruit & Milk

**Book Fair**

**20** Yogurt Cup; Hot Oats or Cereal; Fruit and Juice; Milk

Scrambled Eggs; Yogurt Cup  
 Pancake on a Stick, syrup  
 Diced Country Potatoes  
 Warm Cinnamon Apples  
Garden Bar/ Fruit & Milk

**Book Fair**

**21** Sausage Biscuit, Cereal Yogurt Cup, Fruit and Juice; Milk

Baked Chicken Parmesan over Noodles; Tossed Romaine Salad  
 Steamed Broccoli Florets  
 School Made Breadstick  
Garden Bar/ Fruit & Milk

**Book Fair**

**22** Egg & Cheese Biscuit, Hot Oats cereal, Fruit & Juice, Milk

Hamburger on a WG rich Bun  
 Fresh Cut Potato Wedges  
 Calico Beans, Mixed Fruit Cup  
 Garden Bar/ Fruit  
Low Fat Milk variety

**Book Fair/No Preschool**

**25** Pancake on a stick; Oats Or Cereal; Fruit, Juice, Milk

Chicken Fajitas  
 Mashed Potatoes and Gravy  
 Green beans  
 School Made Hot Roll  
 Garden Bar/ Fruit & Milk

**26** Breakfast Wrap; Oats; Cereal; Juice & Fruit; Milk

Rotini Pasta Bake with Meat Sauce ;  
 Spanish Rice  
 Refried Beans and Nacho chips  
 Garden Bar/ Fruit  
 Low Fat Milk variety

**27** Muffins; Yogurt, Oats or Cereal; Fruit & Juice; Milk

Pepperoni Roll  
 California Blend vegetables  
 Garlic Toast  
 Chilled Peach Slices  
 Garden Bar / Fruit & Milk

**28** Boiled Egg, Toast & Jelly; Oats or Cereal; Fruit, Juice & Milk

Teriyaki Chicken with Stir Fry Veg  
 Egg Roll, Cheese Stick or Yogurt  
 Strawberries & Bananas  
 Cake & Ice Cream Cup  
Garden Bar / Fruit & Milk

**Birthday Lunch**

**29** Asst Muffin or Pastry, Yogurt Oats or cereal; Fruit & Juice, Milk

Chicken Nuggets  
 Crunchy Asian Salad  
Garden Bar/ Fruit & Milk

**No Preschool**