

OCTOBER 2017 CARB

KANAWHA COUNTY SCHOOLS


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2 Breakfast Pizza; Hot Oats or Cereal; Fruit and Juice; Milk</p> <p>Crispy Chicken Patty on WG Bun Lettuce, Tomato and Onion Baked Beans Seasoned Potato Wedges Garden Bar/Fruit Bar Low Fat Milk Variety</p>	<p>3 MVP; Yogurt Cup; Oats or Cereal; Fruit & Juice; Milk Cheeseburger on WG rich Bun Crinkle Cut French Fries Sweet Corn on the cob Strawberries and Bananas <u>Garden Bar/Fruit & Milk</u></p> <p>Be A Kid Again Day</p>	<p>4 Sausage Biscuit; Oats or Cereal; Fruit and Juice; Milk</p> <p>Salisbury Steak w/ Gravy Mashed Potatoes Green Beans School Made Hot Roll Garden Bar/ Fruit Low Fat Milk variety</p>	<p>5 Cinnamon Toast, Yogurt, Hot Oats or Cereal, Fruit, Juice, Milk</p> <p>Pepperoni & Cheese Pizza Garden Spinach Salad Glazed Carrots Ranch Dressing Garden Bar/ Fruit & Milk</p>	<p>6 Cinnamon Puffs Cereal, Fruit, Juice, Milk</p> <p>Beef Tacos: lettuce, tomato Salsa, Sour, Cream, Cheese, Pinto Beans Peach Crisp Pineapple Upside Down Cake</p>
<p>9 Blueberry Muffin Oats or Cereal, Fruit, Juice, Milk</p> <p>Tangy BBQ on a WG rich Bun Sweet local Corn on the Cob Creamy Coleslaw Baked Northern Beans Garden Bar/ Fruit Low Fat Milk variety</p>	<p>10 Pastry; Yogurt, Oats or cereal; Fruit & Juice, milk</p> <p>Beef Hot Dog on WG rich Bun Sweet Potato Puffs (Hot dog sauce/coleslaw optional) Carrot & Celery Sticks w Dip Doritos, Garden Bar/Fruit Bar Low Fat Milk Variety</p>	<p>11 Breakfast Wrap, Oats or Cereal, Fruit, Juice, Milk</p> <p>Grilled Chicken Mashed Potatoes with Gravy Deluxe Broccoli and Cheese School Made Hot Roll Garden Bar/Fruit Bar Low Fat Milk Variety</p>	<p>12 Boiled Egg; Toast & jelly Oats or cereal; Fruit, Juice, Milk</p> <p>Spaghetti with meat sauce Steamed Zucchini Spring Garden Salad w/spinach School-made Breadstick Garden Bar/ Fruit Low Fat Milk variety</p>	<p>13 Chicken Biscuit; Oats or Cereal; Fruit and Juice; Milk</p> <p>Sloppy Joe on WG Bun Carrot & Celery Sticks, Ranch Dip, French Fries <u>Garden Bar/Fruit & Milk</u></p> <p>2 Hour Early Out</p>
<p>16 Parent-Teacher Conferences No School</p>	<p>17 Egg & Cheese Biscuit, Oats, cereal, Fruit & Juice, Milk</p> <p>Hamburger on WG Bun Fresh Cut Potato Wedges Baked Beans, Fruit Mix Strawberry Shortcake Garden Bar/ Fruit & Milk</p>	<p>18 Sausage Bites, oats or cereal, Fresh Fruit, Juice, Milk</p> <p>School Made Cheese Pizza Caesar Salad with croutons Chilled Pear Slices Colorful Pepper Strips with Dip Garden Bar / Fruit Low Fat Milk variety</p>	<p>19 Breakfast Pizza, oats or Cereal; Fruit & Juice, Milk</p> <p>Creamy Chicken and Noodles Spring garden salad with spinach Orange glazed baby Carrots School Made Hot Roll Garden Bar/ Fruit Low Fat Milk variety</p>	<p>20 MVP; Yogurt ; Oats or Cereal; Fruit & Juice; Milk</p> <p>Pancake on a Stick w syrup, Scrambled Eggs, Salsa, Yogurt Cup, Diced Potatoes Warm Cinnamon Apples; Biscuit, Garden Bar/ Fruit & Milk</p>
<p>23 Pancake on a stick; Oats Cereal; Fruit, Juice, Milk</p> <p>Teriyaki Chicken Stir Fry Vegetables Spring Egg Roll; Wild Rice Pilaf Garden Bar/ Fruit Cake & Ice Cream Low Fat Milk variety</p>	<p>24 Banana Muffin Yogurt, Oats/Cereal; Fruit Juice; Milk</p> <p>Italian Pasta Bake w Meat Sauce California Blend vegetables School-made Breadstick Chilled Peach Cup Garden Bar / Fruit Low Fat Milk variety</p>	<p>25 Breakfast Wrap; Hot Oats; Cereal; Juice and Fruit; Milk</p> <p>Pepperoni Roll, Caesar Salad with Croutons, Cheese Stick or Yogurt, Pears, Garden Bar Fruit & Milk</p>	<p>26 Boiled Egg, Toast & Jelly; Oats or Cereal; Fruit & Juice; Milk</p> <p>Chicken Quesadilla: lettuce, Tomato, Salsa, on Soft Tortilla; Spanish Rice Refried Beans & Nacho chips Cake & Ice Cream <u>Garden Bar/ Fruit & Milk</u></p> <p>Birthday Lunch</p>	<p>27 Pastry, Yogurt, Hot Oats or cereal; Fruit and Juice, Milk</p> <p>Crispy Chicken Nuggets Mashed Potatoes w Gravy Green beans School Made Hot Roll Garden Bar/ Fruit Low Fat Milk variety</p>
<p>30 MVP Donut; Yogurt; Oats or Cereal; Fruit , Juice & Milk</p> <p>Cheeseburger on WG Bun Lettuce, Tomato, Onion French Fries, Corn on the cob Chilled Strawberry Cup Garden Bar/Fruit Low Fat Milk variety</p>	<p>31 Breakfast Pizza; Oat or Cereal; Fruit and Juice; Milk</p> <p>Flatbread Cheese Pizza Garden Spinach Salad Glazed Carrots, Ranch Dressing <u>Garden Bar/ Fruit & Milk</u></p> <p>12:30 Parade & Party</p>		<p>Fall Carnival Saturday 21st 6:00 pm-8:00 pm</p>	

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