

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>Alum Creek Elementary</b>                  540 Brounland Road                  So. Charleston, WV 25309                  Phone: (304)348-1935                  Fax: (304)348-1936</p>		<p><b>Breakfast with Santa</b>                  Saturday, December 2<sup>nd</sup>                  8am-11am</p>	<p><b>Santa's Workshop</b>                  December 11-15</p> 	<p><b>1</b> Pastry, Yogurt, Oats or Cereal, ;Fruit, Juice, &amp; Milk                  Teriyaki Chicken w Stir Fry Veggies                  Crispy Spring Egg Roll                  Wild Rice Pilaf                  Mandarin Oranges                  Garden Bar/Fruit Bar                  Low Fat Milk Variety</p>
<p><b>4</b> Breakfast Pizza, Oats or Cereal, Fruit, Juice, Milk                  Ham Sandwich                  Carrot Coins                  Fresh Pear                  Garden Bar/Fruit Bar                  Low Fat Milk Variety</p>	<p><b>5</b> WOW Butter &amp; Jelly Toast                  Oats or Cereal,                  Fruit, Juice, Milk                  Spaghetti                  Romaine Salad w/ Tomatoes                  Steamed Broccoli                  Fruit Mix/Fruit Bar                  Low Fat Milk Variety</p>	<p><b>6</b> Blueberry Muffin, Oats or Cereal, Fruit, Juice, Milk                  Pigs In A Blanket                  Seasoned Green Beans                  Garden Bar/Fruit Bar                  Low Fat Milk Variety</p>	<p><b>7</b> Sausage Biscuit, Oats or Cereal,Fruit, Juice, Milk                  Crispy Chicken Sandwich,WG Bun                  Lettuce, Tomato, Onion                  Roasted Red Potatoes                  California Blend Veggies                  Fresh Grapes                  Garden &amp; Fruit Bar, LF Milk Variety</p>	<p><b>8</b> Pancake on a Stick, Syrup, Oats or Cereal, Fruit, Juice, Milk                  Beef Burritos                  Lettuce,Tomato,Sour Cream                  Spanish Rice, Refried Beans                  Mexicali Corn, Salsa                  Pineapple Tidbits                  Garden &amp; Fruit Bar, LF Milk Variety</p>
<p><b>11</b> Egg TacGo w Salsa, Hot Oats or Cereal, Fruit, Juice, Milk                  Breakfast for Lunch                  Bacon Egg &amp; Cheese Biscuit                  Hash Brown Potatoes                  Warm Cinnamon Apples                  Garden Bar/Fruit Bar                  Low Fat Milk Variety</p>	<p><b>12</b> Waffle Sticks w Syrup, Oats or Cereal, Fruit, Juice, Milk                  Hot Dogs                  Chili Sauce, Coleslaw                  Sweet Potato Tater Tots                  Baked Beans                  Garden Bar/Fruit Bar                  Low Fat Milk Variety</p>	<p><b>13</b> Egg &amp; Cheese English Muffin, Oats or Cereal, Fruit, Juice, Milk                  Beef A Roni                  Seasoned Spinach, Garlic Bread                  Strawberries &amp; Bananas                  Garden Bar/Fruit Bar                  Low Fat Milk Variety</p>	<p><b>14</b> MVP Donut, Yogurt, Oats or Cereal, Fruit, Juice, Milk                  Creamy Turkey with Veggies over a Biscuit                  Romaine salad w/ Tomatoes                  Fresh Grapes                  Garden Bar/Fruit Bar                  Low Fat Milk Variety</p>	<p><b>15</b> Breakfast Pizza, Oats or Cereal, Juice, Fruit, Milk                  Student's Favorite Pepperoni Roll                  Creamy Caesar Salad w Croutons                  Cheese Stick or Yogurt                  Chilled Peach Slices                  Garden Bar/Fruit Bar                  Low Fat Milk Variety</p>
<p><b>18</b> Bacon Egg&amp;Cheese Omelet, Oats/Cereal, Fruit, Juice, Milk                  Crispy Chicken Tenders                  Peas, Mashed Potatoes                  Hot Roll                  Garden Bar/Fruit Bar                  Low Fat Milk Variety</p>	<p><b>19</b> Chicken Biscuit, Oats or Cereal, Fruit, Juice, Milk                  Cheeseburger on WG Bun                  Lettuce, Tomato, Onion                  Carrot Coins                  Fruit Mix                  Garden Bar/Fruit Bar                  Low Fat Milk Variety</p>	<p><b>20</b> Bagel w Cream Cheese, Hot Oats or Cereal, Fruit, Juice, Milk                  Turkey &amp; Noodles                  Seasoned Green Beans                  School Made Hot Roll                  Fresh Orange                  Garden Bar/Fruit Bar                  Low Fat Milk Variety</p>	<p><b>21</b>Banana Muffin, Yogurt, Hot Oats or Cereal, Fruit, Juice, Milk                  Wrangler's Beef Chili                  Baked Potato, Cornbread                  Spinach, Peaches &amp; Cake                  Garden Bar/Fruit Bar &amp; Milk  <b>Birthday Lunch</b></p>	<p><b>22</b>Cinnamon Toast, Yogurt, Oats or Cereal, Fruit, Juice, Milk                  Chicken Sandwich                  French Fries                  Garden Bar/Fruit Bar &amp; Milk  <b>2 Hour Early Out</b></p>
<p><b>25</b></p> 	<p><b>26</b></p>  <p><b>Winter Break</b></p>	<p><b>27</b></p>  <p><b>Winter Break</b></p>	<p><b>28</b></p>  <p><b>Winter Break</b></p>	<p><b>29</b></p>  <p><b>Winter Break</b>                  School Resumes Jan. 2</p>