




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p>  <p>NO SCHOOL</p>	<p>2 Egg & Cheese English Muffin, Oats/Cereal, Fruit, Juice & Milk</p> <p>Fish Sticks French Fries Garden Bar/Fruit Bar Low Fat Milk Variety</p>	<p>3 Mini Sausage Bites, Hot Oats or Cereal, Fruit, Juice, Milk</p> <p>Crispy Corn Dog Macaroni & Cheese Seasoned Broccoli Carrot & Celery Sticks Garden Bar/Fruit Bar Low Fat Milk Variety</p>	<p>4 Egg Taco w Salsa, Hot Oats or Cereal, Fruit, Juice, Milk</p> <p>Chipotle Chicken Burrito Spanish Rice Black Beans Pineapple Tidbits Garden Bar/Fruit Bar Low Fat Milk Variety</p>	<p>5 Mini Berry Pancakes, Hot Oats or Cereal; Fruit, Juice, and Milk</p> <p>Hot Ham & Cheese on WG Bun Cream of Potato Soup Seasoned Peas Apple Slices Garden Bar/Fruit Bar Low Fat Milk Variety</p>
<p>8 Sausage Biscuit, Hot Oats or Cereal, Fruit, Juice, Milk</p> <p>Hearty Beef Vegetable Soup Grilled Cheese Tater Tots Pear Slices Garden & Fruit Bar Low Fat Milk Variety</p>	<p>9 Berry Muffin, Yogurt, Hot Oats or Cereal, Fruit, Juice, Milk</p> <p>Beef Taco Salad Tortilla Chips & Salsa Mexicali Corn Refried Beans Garden Bar/Fruit Bar Low Fat Milk Variety</p>	<p>10 Breakfast Pizza, Hot Oats or Cereal, Fruit, Juice, Milk</p> <p>Spaghetti & Meatballs Seasoned Spinach School Made WG Breadstick Pineapple Tidbits Garden Bar/Fruit Bar Low Fat Milk Variety</p>	<p>11 Butter Jelly Toast, Boiled Egg, Hot Oats/Cereal, Fruit, Juice, Milk</p> <p>Chicken Brown Rice Bowl w/ Mixed Oriental Vegetables Crispy Egg Roll Mandarin Oranges Garden Bar/Fruit Bar Low Fat Milk Variety</p>	<p>12 Bacon Egg & Cheese Omelet, Hot Oats or Cereal, Juice, Fruit, Milk</p> <p>Pepperoni & Cheese Pizza California Blend Vegetables Romaine Salad w/ Italian Dressing Chilled Peach Slices Garden & Fruit Bar</p>
<p>15</p>  <p>NO SCHOOL</p>	<p>16 Pancake on a Stick, Syrup, Hot Oats/Cereal, Fruit, Juice, Milk</p> <p>French Bread Pizza Romaine Salad w/ Tomatoes Steamed Broccoli Fruit Mix Garden Bar/Fruit Bar Low Fat Milk Variety</p>	<p>17 Blueberry Muffin, Yogurt, Hot Oats or Cereal, Fruit, Juice, Milk</p> <p>Salisbury Steak w Gravy Buttery Mashed Potatoes Seasoned Green Beans School Made WG Hot Roll Garden Bar/Fruit Bar Low Fat Milk Variety</p>	<p>18 Breakfast Pizza, Hot Oats or Cereal, Fruit, Juice, Milk</p> <p>Beefaroni Carrot Coins Pear Slices Warm Apple Crisp Garden Bar/Fruit Bar Low Fat Milk Variety</p>	<p>19 Sausage Biscuit, Hot Oats or Cereal, Fruit, Juice, Milk</p> <p>Crispy Chicken Sandwich Lettuce, Tomato, Onion Roasted Red Potatoes California Blend Vegetables Fresh Grapes Garden Bar/Fruit Bar Low Fat Milk Variety</p>
<p>22 MVP Donut, Yogurt, Hot Oats or Cereal, Fruit, Juice, Milk</p> <p>Chicken & Gravy Peas & Carrots Served over a Biscuit Romaine Salad w Tomatoes Fresh Grapes Garden Bar/Fruit Bar Low Fat Milk Variety</p>	<p>23 Egg Taco w Salsa, Hot Oats or Cereal, Fruit, Juice, Milk</p> <p>Breakfast for Lunch Scrambled Eggs, Sausage Links Hash Brown Potatoes Biscuit, Jelly, Country Gravy Warm Cinnamon Apples Garden Bar/Fruit Bar Low Fat Milk Variety</p>	<p>24 Egg & Cheese English Muffin, Hot Oats or Cereal, Fruit, Juice, Milk</p> <p>Beefy Lasagna Seasoned Spinach Garlic Bread Strawberries & Bananas Garden Bar/Fruit Bar Low Fat Milk Variety</p>	<p>25 Breakfast Pizza, Hot Oats or Cereal, Fruit, Juice, Milk</p> <p>Student's Favorite Pepperoni Roll California Blend Vegetables Creamy Caesar Salad w Croutons Cheese Stick or Yogurt Chilled Peach Slices Garden Bar/Fruit Bar, LF Milk Variety</p>	<p>26 Waffle Sticks w Syrup, Oats or Cereal, Fruit, Juice, Milk</p> <p>Hot Dog on WG Bun Chili Sauce, Coleslaw Sweet Potato Puffs, Baked Beans Celebration Cake & Ice Cream Garden Bar/Fruit Bar Low Fat Milk Variety</p>
<p>29 Bacon Egg & Cheese Omelet, Hot Oats/Cereal, Fruit, Juice & Milk</p> <p>Pulled Pork BBQ on WG Bun Corn on the Cobb Creamy Coleslaw Baked Beans Garden Bar/Fruit Bar</p>	<p>30 Bagel w Cream Cheese, Hot Oats or Cereal, Fruit, Juice & Milk</p> <p>Crispy Chicken Tenders Seasoned Peas Buttery Mashed Potatoes School Made Hot Roll</p>	<p>31 Banana Muffin, Yogurt, Hot Oats or Cereal, Fruit, Juice, Milk</p> <p>Wrangler's Beef Chili Baked Potato, Cornbread Seasoned Spinach Sliced Peaches Garden Bar/Fruit Bar Low Fat Milk Variety</p>		<p>Alum Creek Elementary 4540 Brounland Road So. Charleston, WV 25309 (304) 348-1935 Fax: (304) 348-1936</p>