

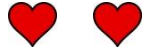
MONDAY

TUESDAY

WEDNESDAY

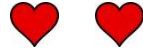
THURSDAY

FRIDAY



Alum Creek Elementary

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



<p>5 Pancakes Warmed Blueberry Syrup Peach Cup, Juice, Milk</p> <p>Hamburger on WG Bun Crispy Shoestring Fries Pinto Beans w/cornbread SideKicks Milk & Water Fruit and Garden Bar</p>		<p>6 Ham, Cheese Croissant Cereal; Fresh Fruit, Juice, Milk</p> <p>Scrambled eggs Sausage Patty Biscuit w gravy Diced Country Potatoes Warm Cinnamon Apples Milk & Water Fruit and Garden Bar</p>	<p>7 Chicken & Biscuit Cereal; Fresh Fruit, Juice, Milk</p> <p>Salisbury Steak w/gravy Mashed potatoes Green Beans WG Roll Strawberry Cup Milk & Water Fruit and Garden Bar</p>	<p>1 Oatmeal or Cereal, MVP Yogurt, Peach Cup, Juice, Milk</p> <p>Corn Dog (WG) Macaroni and Cheese Kale Greens Chilled Cling Peaches Milk & Water Fruit and Garden Bar</p>	<p>2 Yogurt, Cinn Toast, Fruit Smoothie, Fresh Fruit, Juice, Milk</p> <p>Grilled Cheese Sandwich(WG) Tomato Soup/ Vegetable Soup Yogurt Cup Goldfish crackers Peach cup Milk & Water Fruit and Garden Bar</p>
		<p>12 Sausage Biscuit, Cereal Fresh Fruit Cup, Juice, Milk</p> <p>Chicken Patty Sandwich(WG) Seasoned Potato wedges Green Beans Mixed Fruit Cup Milk & Water Fruit and Garden Bar</p>	<p>13 Cinnamon Roll, Cereal, Fresh Fruit, Juice, Milk</p> <p>Pigs in a Blanket Steamed Parmesan Broccoli Baked Beans Sweet Potato Puffs Blueberry Banana Delight Milk & Water Fruit and Garden Bar</p>	<p>14 Waffle Sticks w/ warmed syrup Yogurt Cereal; Fresh Fruit, Juice, Milk</p> <p>Cheese Pizza, Corn, Fruit Cocktail Chocolate Pudding Tart <u>Fruit, Garden Bar, Milk & Water</u> Valentine's Day!!!</p>	<p>8 Hot Oats , Cinnamon Toast Yogurt, Fresh Fruit, Juice, Milk</p> <p>Spaghetti w /meat balls Caesar Salad Fruited Jello Steamed California Blend WG Cheese filled Breadstick Milk & Water Fruit and Garden Bar</p>
<p>19 Sausage Biscuit, String Cheese, Cereal, Fresh Fruit, Juice, Milk</p> <p>Chicken Nuggets Mashed potato with gravy California Blend, Milk & Water Fruit and Garden Bar</p>	<p>20 Colby Cheese Frittata, Cereal, Fresh Fruit, Juice, Milk</p> <p>Pepperoni Roll(WG) String Cheese Stick Caesar Salad w/ Ranch Corn, Milk & Water Fruit and Garden Bar</p>	<p>21 Chocolate Muffin, Strawberry Cup, Fresh Fruit, Juice, Milk</p> <p>Hot Ham & Cheese Sandwich Beef Vegetable Soup Mandarin Oranges Mini Saltine Crackers Milk & Water Fruit and Garden Bar</p>	<p>15 Excellent Egg Tac-Go, Salsa Asst Fresh Fruit, Juice, Milk</p> <p>Italian Pasta Bake Caesar Salad w/ WG croutons Orange Glazed carrots Strawberry Cup Milk & Water Fruit and Garden Bar</p>	<p>16 Zucchini Bread, Cereal, Fresh Fruit, Juice, Milk</p> <p>Fish Sandwich on WG Bun Crinkle Cut French Fries Spinach Greens Applesauce Milk & Water Fruit and Garden Bar</p>	
<p>26 Bacon Egg & Cheese Omelet, Cereal, Fruit, Juice, Milk</p> <p>Hamburger on WG Bun Lettuce, Tomato, Onion Corn on the Cobb Baked Beans Milk & Water Fruit and Garden Bar</p>	<p>27 Bagel w/ Cream Cheese, Cereal, Fruit, Juice, Milk</p> <p>Crispy Chicken Tenders Seasoned Peas Buttery Mashed Potatoes School Made WG Hot Roll Milk & Water Fruit and Garden Bar</p>	<p>28 Banana Muffin, Yogurt, Cereal Fruit, Juice, Milk</p> <p>Beefy Lasagna Seasoned Spinach WG Garlic Bread Strawberries & Bananas Milk & Water Fruit and Garden Bar</p>	<p>22 Breakfast Wrap: egg, cheese, Sausage; Salsa, Cereal, Fresh Fruit, Juice, Milk</p> <p>Powerhouse Chili Baked Potato w/ sour cream; Nacho Chips & cheese sauce, Milk, Water, Fruit & Garden Bar <u>Ice cream & Cake</u> Birthday Lunch</p>	<p>23 Oatmeal or Cereal, Toast; Yogurt, Peach Cup, Juice, Milk</p> <p>Baked Fish Sticks Macaroni and Cheese Creamy Coleslaw Strawberries and peaches Milk & Water Fruit and Garden Bar</p>	
			