

NOV 2018 ELEM

# KANAWHA COUNTY SCHOOLS






MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>Milk Choices:</b> 1% White, NF Chocolate, NF White, NF Strawberry, Lactaid ( upon request)  <b>Garden Bar:</b> Assortment of fresh vegetables, LF Dressings, Local produce used daily  <b>Fruit Bar:</b> Assorted fresh and canned fruit, seasonal local fruits used  <b>Fruit Juice:</b> All juice served is 100% juice. Apple, Orange, and Grape are offered daily</p>			<p><b>Alum Creek Elementary</b>          4540 Brounland Road          So. Charleston, WV 25309          Phone (304) 348-1935          Fax (304) 348-1936</p>	<p><b>Menu subject to change due to availability of product.</b>          Any Menu adjustments are to be posted at the individual school.</p>
<p><b>29</b> Boiled Egg, Toast, Jelly, Hot Oats or Cereal, Fruit, Juice, Milk</p> <p><b><u>Turkey &amp; Cheese Wrap (WG)</u></b>          Lettuce &amp; Tomato          Seasoned Broccoli          Baked Lays Chips          Fresh Grapes          Garden/Fruit Bar, Milk &amp; Water</p>	<p><b>30</b> MVP Breakfast Ring, Yogurt Asst Cereal, Fruit, Juice, Milk</p> <p><b><u>BREAKFAST FOR LUNCH:</u></b>          Eggs, Pancake on a Stick WG          Warmed Cinnamon Apples          Hash Browned Round          Warm Biscuit, Apple butter          Garden/Fruit Bar, Milk &amp; Water</p>	<p><b>31</b> Apple Cinnamon Pull A parts, Yogurt ,Asst Cereal, Fruit, Juice, Milk</p> <p><b><u>Roasted Chicken Filet on a WG Bun</u></b>          Lettuce, Tomato, Onion          Baked Beans, Sidekick Sherbet          Orange Glazed Carrots          Garden/Fruit Bar</p>	<p><b>1</b> Mini Pancakes, warmed syrup Asst Cereal, Fruit, Juice, Milk</p> <p><b><u>Fish Sticks WG</u></b>          Creamy Macaroni &amp; Cheese          Seasoned Peas          Mandarin Oranges          Garden/Fruit Bar          Milk &amp; Water</p>	<p><b>2</b> Mini French Toast, warmed syrup Asst Cereal, Fruit, Juice, Milk</p> <p><b><u>Sloppy Joes on WG Bun</u></b>          Seasoned Steak Wedges          Green Beans          Chilled Fresh Fruit Cup          Rainbow Pepper Strips w/ Dip          Garden/Fruit Bar, Milk &amp; Water</p>
<p><b>5</b></p> <p><b>No School</b></p> <p><b>Parent-Teacher Conference</b></p>	<p><b>6</b></p>  <p><b>Election Day Schools Closed</b></p>	<p><b>7</b> Egg Omelet, Wheat Toast Asst Cereal, Fruit, Juice, Milk</p> <p><b><u>Italian Pasta Bake</u></b>          Seasoned Spinach          Caesar Salad w/ ranch dressing          WG Garlic Bread(texas toast)          Strawberries and Bananas          Garden/Fruit Bar, Milk &amp; Water</p>	<p><b>8</b> Lemon Blueberry Parfait w Granola, Asst Cereal, Fruit, Juice, Milk</p> <p><b><u>Chicken &amp; Cheese Fajita (WG tortilla)</u></b> with shredded Lettuce, Tomato, Sour Cream Refried Beans, Black Bean Salad Tortilla Chips w Salsa; Corn          Garden/Fruit Bar, Milk &amp; Water</p>	<p><b>9</b> Egg &amp; Cheese Biscuit Cereal, Fruit, Juice, Milk</p> <p><b><u>Beef Hot Dog on WG Bun</u></b>          Crispy Thick Cut Fries          Fresh Creamy Coleslaw,          Chili Sauce( optional)          Fresh Sliced Apples          Garden/Fruit Bar, Milk &amp; Water</p>
<p><b>12</b></p>  <p><b>Veterans Day Schools Closed</b></p>	<p><b>13</b> Egg and Cheese Breakfast Quesadilla, Cereal, Fruit, Juice, Milk</p> <p><b><u>French Bread Pizza WG</u></b>          Steamed Carrot Coins          Fresh Garden Salad w baby spinach and locally grown grape tomatoes          Mandarin Oranges          Garden/Fruit Bar, Milk &amp; Water</p>	<p><b>14</b> Sausage Biscuit Asst Cereal, Fruit, Juice, Milk</p> <p><b><u>Chicken Nuggets, WG</u></b>          Seasoned Sweet Potato Wedges          Creamy Macaroni &amp; Cheese          Calico Baked Beans          Lemon Raspberry Blue Sidekick          Garden/Fruit Bar, Milk &amp; Water</p>	<p><b>15</b> Breakfast Pizza Asst Cereal, Fruit Juice, Milk</p> <p><b><u>Breaded Chicken Sandwich</u></b>          Lettuce, Tomato, Onion          Steamed Broccoli          Pineapple Tidbits          Garden/Fruit Bar, Milk &amp; Water</p>	<p><b>16</b> Bacon Egg &amp; Cheese, Pretzel Bun, Cereal, Fruit, Juice, Milk</p> <p><b><u>Turkey, Gravy, Corn Mashed Potatoes, Green Beans WG Hot Roll, Cornbread Stuffing Pumpkin Pie with Whipped Topping</u></b>  <b>Garden/Fruit Bar, Milk &amp; Water</b></p> <p><b>Thanksgiving Lunch</b></p>
<p><b>19</b></p>  <p><b>Schools Closed</b></p>	<p><b>20</b></p> <p><b>Fall Break Schools Closed</b></p>	<p><b>21</b></p>  <p><b>Schools Closed</b></p>	<p><b>22</b></p>  <p><b>Thanksgiving Holiday Schools Closed</b></p>	<p><b>23</b></p> <p><b>Schools Closed (may be used as make-up day)</b></p>
<p><b>26</b> French Toast Minis Asst Cereal, Fruit, Juice, Milk</p> <p><b><u>Cheeseburger on WG Bun</u></b>          Lettuce, Tomato, Onion          Seasoned Potato Spirals          Powerhouse Baked Beans          Fresh Apple Wedges          Garden/Fruit Bar, Milk &amp; Water</p>	<p><b>27</b> Breakfast Taco, Cereal, Fresh fruit cup, Chilled Juice, Milk</p> <p><b><u>Teriyaki Chicken</u></b>          California Blend Vegetables          Wild Rice Pilaf or Egg Roll WG          Romaine Salad w/ WG Croutons          Mandarin oranges          Garden/Fruit Bar, Milk &amp; Water</p>	<p><b>28</b> Banana Bread, Yogurt, Cereal or Hot Oats, Fruit, Juice, Milk</p> <p><b><u>Chicken and Noodles</u></b>          Savory Orange Glazed carrots          Fresh Spinach Salad w/ grape tomato          School made Wheat Roll          Pineapple Tidbits          Garden/Fruit Bar, Milk &amp; Water</p>	<p><b>29</b> Chicken Sliders Asst Cereal, Fruit, Juice, Milk</p> <p><b><u>Spaghetti w/ Meat Sauce</u></b>          Garlic WG breadstick          Sweet kernel Corn          Celebration Cake, Sidekick Sherbet          Caesar Salad w/ Ranch, WG Croutons          Garden/Fruit Bar &amp; Milk &amp; Water</p>	<p><b>30</b> Strawberry &amp; Cream Cheese Cinnamon Triangles Cereal, Fruit, Juice, Milk</p> <p><b><u>WG Pepperoni Roll</u></b>          Cheese Stick          Steamed Broccoli          Spring Garden Salad          Strawberries &amp; Bananas          Garden/Fruit Bar, Milk &amp; Water</p>