

OCT 2018 ELEM COOK'S

KANAWHA COUNTY SCHOOLS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Milk Choices: 1% White, NF Chocolate, NF White, NF Strawberry, Lactaid (upon request)</p> <p>Garden Bar: Assortment of fresh vegetables, LF Dressings, Local produce used daily</p> <p>Fruit Bar: Assorted fresh and canned fruit, seasonal local fruits used</p> <p>Fruit Juice: All juice served is 100% juice. Apple, Orange, Pineapple and grape are offered daily</p> <p>Cereal and all Grain items are currently 51% Whole Grain.</p> <p>Hot Oats and salad croutons offered daily</p>					<p>Alum Creek Elementary 4540 Brounland Road So. Charleston, WV 25309 Phone: (304) 348-1935 Fax: (304) 348-1936</p>		<p>Menu subject to change due to availability of product.</p> <p>Any Menu adjustments are to be posted at the individual school.</p>	
<p>1 Mini Pancakes, warmed syrup Asst Cereal, Fruit, Juice, Milk</p> <p><u>Roasted Chicken(3oz) Filet on a WG Bun(57g)</u> Lettuce, Tomato, Onion(1/4c) Baked Beans(1/2c), Sidekick Sherbet(4.4oz) Orange Glazed Carrots(1/2c) Garden/Fruit Bar (1/2c) Milk & Water</p>	<p>2 Apple Cinnamon Pull A parts, Yogurt ,Asst Cereal, Fruit, Juice, Milk</p> <p><u>Fish Sticks WG(4ea)</u> Creamy Macaroni & Cheese 2/3c) Seasoned Peas (1/2c) Mandarin Oranges (1/2c) Garden/Fruit Bar (1/2c) Milk & Water</p>	<p>3 MVP Breakfast Ring, Yogurt Asst Cereal, Fruit, Juice, Milk</p> <p><u>BREAKFAST FOR LUNCH:</u> Eggs (1/4c), Pancake on a Stick WG Warmed Cinnamon Apples(1/4c) Hash Browned Rounds(1/2c) Warm Biscuit(2.2oz) Apple butter Garden/Fruit Bar(1/2c) Milk & Water</p>	<p>4 Boiled Egg, Toast, Jelly, Hot Oats or Cereal, Fruit, Juice, Milk</p> <p><u>Turkey(2oz) & Cheese(1sl) Wrap(8"Soft Tortilla, WG)</u> Lettuce & Tomato(1/4c) Seasoned Broccoli(1/2c) Baked Lays Chips(1oz) Fresh Grapes(1/2c) Garden/Fruit Bar(1/2c) Milk & Water</p>	<p>5 Mini French Toast, warmed syrup Asst Cereal, Fruit, Juice, Milk</p> <p><u>Sloppy Joes(1/3c) on WG Bun(57g)</u> Seasoned Steak Wedges(1/2c) Green Beans(1/2c) Chilled Fresh Fruit Cup(1/2c) Rainbow Pepper Strips(1/2c) w/ Dip(1oz) Garden/Fruit Bar(1/2c) Milk & Water</p>				
<p>8 Zucchini Bread, Cheese Stick Asst Cereal, Fruit Juice, Milk</p> <p><u>French Bread Pizza WG</u> California Blend Steamed Veggies Fresh Garden Salad w baby spinach and locally grown grape tomatoes Mandarin Oranges Garden/Fruit Bar Milk & Water</p>	<p>9 Fruity Pancake Breakfast Pizza Asst Cereal, Fruit, Juice, Milk</p> <p><u>Hamburger on WG Bun</u> Lettuce, Tomato, Onion Savory Carrot Coins Emoji Smiley Fries Sliced Pears Garden/Fruit Bar Milk & Water</p>	<p>10 Egg Omelet, Wheat Toast Asst Cereal, Fruit, Juice, Milk</p> <p><u>Italian Pasta Bake</u> Seasoned Spinach Caesar Salad w/ ranch dressing WG Garlic Bread(texas toast) Strawberries and Bananas Garden/Fruit Bar Milk & Water</p>	<p>11 Lemon Blueberry Parfait w Granola, Asst Cereal, Fruit, Juice, Milk</p> <p><u>Pig in a Blanket, WG</u> Crispy Thick Cut Fries Fresh Creamy Coleslaw, Chili Sauce(optional) Fresh Sliced Apples Garden/Fruit Bar Milk & Water</p>	<p>12 Egg & Cheese Biscuit Asst Cereal, Fruit, Juice, Milk</p> <p><u>Chicken & Cheese Fajita (WG tortilla)</u> with shredded Lettuce, Tomato, Sour Cream Refried Beans, Black Bean Salad Tortilla Chips w Salsa; Corn Garden/Fruit Bar, Milk & Water</p> <p>2 Hour Early Dismissal</p>				
<p>15 Egg and Cheese Breakfast Quesadilla , Asst Cereal, Fruit, Juice, Milk</p> <p><u>Beef Taco</u> Jumbo Hard shell w/ Shredded Lettuce, Diced Tomatoes, Salsa, Sour Cream, Cheddar Cheese Mexicali Corn, Spanish Rice Garden/Fruit Bar ,Milk & Water</p>	<p>16 Sausage Biscuit Asst Cereal, Fruit, Juice, Milk</p> <p><u>Salisbury Steak with Brown Gravy</u> Mashed Potatoes Seasoned Green Beans School Made WG Roll Chilled Peaches Garden/Fruit Bar Milk & Water</p>	<p>17 Breakfast Pizza Asst Cereal, Fruit Juice, Milk</p> <p><u>Chicken Parmesan on Spaghetti</u> School Made WG Breadstick Steamed Broccoli, Pineapple tidbits Fresh Garden Salad Garden/Fruit Bar Milk & Water</p>	<p>18 Bacon Egg & Cheese, Pretzel Bun, Asst Cereal, Fruit, Juice, Milk</p> <p><u>Chicken Tenders WG</u> Seasoned Sweet Potato Wedges Creamy Macaroni & Cheese Calico Baked Beans Lemon Raspberry Blue Sidekick Garden/Fruit Bar, Milk & Water</p>	<p>19 Blueberry Muffin, Yogurt Asst Cereal or Hot Oats, Fruit, Juice, Milk</p> <p><u>Cheese Flatbread Pizza, WG</u> Cheese Stick Sweet Roasted Corn, Rainbow Pepper strips w/ranch dip Mandarin Oranges Garden/Fruit Bar Milk and Water</p>				
<p>22 French Toast Minis Asst Cereal, Fruit, Juice, Milk</p> <p><u>Teriyaki Chicken</u> California Blend Vegetables Wild Rice Pilaf or Egg Roll WG Romaine Salad w/ WG Croutons Mandarin oranges Garden/Fruit Bar Milk & Water</p>	<p>23 Breakfast Taco, Asst Cereal, Fresh fruit cup, Chilled Juice, Milk</p> <p><u>Cheeseburger on WG Bun</u> Lettuce, Tomato, Onion Seasoned Potato Spirals Powerhouse Baked Beans Fresh Apple Wedges Garden/Fruit Bar Milk & Water</p>	<p>24 Banana Bread, Yogurt Cereal or Oats, Fruit, Juice, Milk</p> <p><u>Chicken and Noodles</u> Savory Orange Glazed carrots Fresh Spinach Salad w/ grape tomato School made Wheat Roll Pineapple Tidbits Garden/Fruit Bar Milk & Water</p>	<p>25 Strawberry & Cream Cheese Cinnamon Triangles, Cereal Fruit, Juice, Milk</p> <p><u>Spaghetti w/ Meat Sauce</u> Garlic breadstick, Sweet Corn, Caesar Salad w/ Ranch & Croutons Celebration Cake and Side Kick Garden/Fruit Bar, Milk & Water</p> <p>BirthDay Lunch</p>	<p>26 Chicken Sliders Asst Cereal, Fruit, Juice, Milk</p> <p><u>WG Pepperoni Roll</u> Cheese Stick Strawberries & Bananas Steamed Broccoli Spring Garden Salad Garden/Fruit Bar Milk & Water</p>				