

MARCH 2020 ELEM

MONDAY

TUESDAY

WEDNESDAY

KANAWHA COUNTY SCHOOLS

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>Literacy Week-March 2-5</p> <p>March 2nd-Wear neon clothes March 3rd-Poem in your pocket March 4th-Mustache Day March 5th-Vocabulary Parade March 6th-Black,white & read all over</p>		<p>1 Alum Creek Elementary 4540 Brounland Road So. Charleston, WV 25309 Phone: (304) 348-1935 Fax (304) 348-1936</p>
<p>2 Sausage Biscuit, Oatmeal, WG Toast, Cereal, Juice, Fruit, Milk and Water</p> <p><u>Chicken Filet on a WG Bun</u> Lettuce, Tomato, Onion Baked Potato, Baked Beans, Sidekick Sherbet Orange Glazed Carrots <u>Garden/Fruit Bar, Milk & Water</u></p> <p>Library Bookfair</p>	<p>3 Boiled Egg, Toast, Jelly, Oats or Cereal, Fruit, Juice, Milk</p> <p><u>BREAKFAST FOR LUNCH:</u> Scrambled Eggs Chicken & Waffle Sandwich Warmed Cinnamon Apples Hash Browned Rounds <u>Garden/Fruit Bar, Milk & Water</u></p> <p>Library Bookfair</p>	<p>4 MVP Breakfast Ring, Yogurt Asst Cereal, Fruit, Juice, Milk</p> <p><u>Sloppy Joe on WG Bun</u> Seasoned Steak Wedges California Blend Chilled Fresh Fruit Cup Rainbow Pepper Strips w/ Dip <u>Garden/Fruit Bar, Milk & Water</u></p> <p>Library Bookfair</p>	<p>5 Apple Cinnamon Pull A parts, Yogurt , Cereal, Fruit, Juice, Milk</p> <p><u>Fettucini Chicken Alfredo</u> Garlic Cheddar Biscuit Steamed Parmesan Broccoli Florets Garden Salad w/ Micro Greens, tomatoes Pineapple tidbits <u>Garden/Fruit Bar, Milk & water</u></p> <p>Library Bookfair</p>	<p>6 Mini French Toast, warmed syrup Asst Cereal, Fruit, Juice, Milk</p> <p><u>Chicken Nuggets WG</u> Creamy Macaroni & Cheese Seasoned Peas Mandarin Oranges Apple Crisp <u>Garden/Fruit Bar , Milk & Water</u></p>	
<p>9 SPRING BREAK</p>	<p>10 SPRING BREAK</p>	<p>11 SPRING BREAK</p>	<p>12 SPRING BREAK</p>	<p>13 SPRING BREAK</p>	
<p>16 Egg & Cheese Breakfast Sand Asst Cereal, Fruit, Juice, Milk</p> <p><u>Chicken Tenders</u> Seasoned Sweet Potato Wedges Creamy Macaroni & Cheese Calico Baked Beans Lemon Raspberry Blue Sidekick Garden/Fruit Bar, Milk & Water</p>	<p>17 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 <u>Garden/Fruit Bar, Milk & Water</u></p> <p>St. Patrick's Day</p>	<p>18 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>19 Blueberry Muffin, Yogurt Asst Cereal or Oats, Fruit, Juice, Milk</p> <p><u>Beef Tacos</u> Jumbo Hard shell w/ Shredded Lettuce, Diced Tomatoes, Salsa, Sour Cream, Cheddar Cheese, Chips Mexicali Corn, Spanish Rice Garden/Fruit Bar & Milk & Water</p>	<p>20 Bacon, Egg & Cheese Pretzel Bun Asst Cereal, 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>23 Banana Bread, Yogurt Asst Cereal or Hot Oats, Fruit, Juice, Milk</p> <p><u>Cheeseburger on Pretzel Bun</u> Lettuce, Tomato, Onion Seasoned Potato Spirals Powerhouse Baked Beans Fresh Apple Wedges Garden/Fruit Bar Milk & Water</p>	<p>24 Breakfast Taco, Cereal, fruit cup, 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 French Toast Minis Asst Cereal, Fruit, Juice, Milk</p> <p><u>Teriyaki Chicken</u> Normandy Roasted Vegetables Wild Rice Pilaf or Egg Roll WG Romaine Salad w/ WG Croutons Mandarin oranges <u>Garden/Fruit Bar, Milk & Water</u></p> <p>Birthday Lunch</p>	<p>26 Strawberry & Cream Cheese Cinnamon Triangles Asst Cereal Fruit, Juice, Milk</p> <p><u>Spaghetti w/ Meat Sauce</u> Garlic WG breadstick Sweet kernel Corn Strawberries & Bananas Caesar Salad w/WG Croutons Garden/Fruit Bar & Milk & Water</p>	<p>27 Chicken Sliders Asst Cereal, Fruit, Juice, Milk</p> <p><u>WG Pepperoni Roll</u> Cheese Stick Steamed Broccoli Spring Garden Salad Celebration Cake & Sidekick Garden/Fruit Bar Milk & Water</p>	
<p>30 Apple Strudel, Yogurt Asst Cereal, Fruit, Juice, Milk & Water</p> <p>Corndog Orange Glazed Carrots Emoticon Fries, Baked Beans Fresh Garden Salad w Tomatoes Pineapple Tidbits Garden/Fruit Bar, Milk & Water</p>	<p>31 Bacon Egg & Cheese Croissant Asst Cereal, Fruit, Juice, Milk & Water</p> <p>Chicken Drumstick Mashed Potatoes w Gravy Green Beans School Made WG Roll Garden/Fruit Bar Milk & Water</p>	<div style="text-align: center;">  <p>Sunday, March 8 @ 2 a.m.</p> </div>			
					
					