

AUGUST 2022

KANAWHA COUNTY SCHOOLS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Milk Choices: 1% White, NF Chocolate, NF White, NF Strawberry, Lactaid</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 and grape are offered daily</p> <p>Cereal and all Grain items are currently 51% Whole Grain, and reduced sugar.</p> <p>Hot Oats, Yogurt and WG salad croutons offered daily. Salad Dressings will be all low fat</p>				
<p>22 WP Breakfast, Yogurt, Cereal, Fresh Fruit, Fruit Juice, Milk and Water</p> <p><u>Chicken Nuggets WG</u> Mashed potatoes, Gravy Seasoned Green Beans WG School made Roll Fresh Apple Wedges Garden/Fruit Bar Milk & Water</p>	<p>23 Sausage Pancake on a Stick, WG, Yogurt Cereal, Fresh Fruit, 100% Juice, Milk</p> <p><u>WG Soft Beef Taco:</u> Shredded Lettuce, Diced Tomatoes, Local Salsa and WG Tostitos Chips, Sour Cream, Cheddar Cheese Mexicali Corn, Spanish Rice, Sherbet Garden/Fruit Bar Milk & Water</p>	<p>24 Sausage WG Biscuit, Yogurt Cereal, Fresh Fruit Choice, 100% Fruit Juice, Milk</p> <p><u>WG Corn Dog</u> Orange Glazed Carrots Tater Tots Fresh Garden Salad w/Tomatoes Pineapple Tidbits Garden/Fruit Bar Milk and Water</p>	<p>25 Strawberry Cream Cheese WG Bagel, Cereal, Yogurt, Fruit Juice, Fresh Fruit, Milk</p> <p><u>Cheeseburger on WG Bun</u> Lettuce, Tomato, Onion Baked Beans Fresh Green Pepper Strips Fresh Apple Wedges Garden / Fruit Bar Milk and Water</p>	<p>26 Chicken Sliders, Yogurt Cereal, Fresh Fruit, 100% juice, Milk and Water</p> <p><u>WG School Made Pepperoni Roll</u> Cheese Stick Steamed Broccoli Yogurt Cup Spring Garden Salad w/ baby spinach Garden/Fruit Bar Milk and Water</p>
<p>29 Egg and Cheese Breakfast WG Sandwich, WG Cereal, Fresh Fruit, 100% Fruit Juice, Milk and Water</p> <p><u>Spaghetti w/ Meat Sauce</u> WG Garlic Texas Toast, Steamed Broccoli , Fresh Fruit Salad, Royal Brownie Garden/Fruit Bar</p>	<p>30 Ham and Cheese on English Muffin Cereal, Yogurt Fresh Fruit, 100% Juice, Milk and Water</p> <p><u>Chicken Teriyaki Nuggets</u> Stir Fry Vegetables, Rice Pilaf Mandarin Oranges Fruit Sidekick, WG Sugar Cookie Garden /Fruit Bar Milk and Water</p>	<p>31 WG Breakfast Pizza, Cereal, Fresh Fruit, Yogurt, Juice, and Milk</p> <p><u>Salisbury Steak and Gravy</u> Mashed Potato Seasoned Green Beans WG School Made Roll Pineapple Tidbits Garden/Fruit Bar Milk and Water</p>	<p>1 School Made WG Cinnamon Roll Yogurt, Fresh Fruit, Juice, Milk</p> <p><u>Stuffed Crust Pepperoni Pizza</u> Garden Salad: with grape tomatoes, carrots, broccoli and spinach Strawberry Shortcake Ice cream Garden/Fruit Bar Milk and water</p>	<p>2 Sausage Egg and Cheese Biscuit Yogurt, Cereal, Fresh Fruit, Juice, and Milk</p> <p><u>All Beef Hot Dog on WG Bun</u> Crispy Seasoned Potato wedges Fresh Creamy Coleslaw, Hot Dog Chili Baked BBQ Chips Fresh Sliced local Apples Garden/Fruit Bar Milk and Water</p>