

**NOVEMBER 2022 ELEM**

**KANAWHA COUNTY SCHOOLS**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p><i>Menu subject to change due to availability</i></p>	<p><b>1</b> Strawberry Cream Cheese Triangles, Cereal, Fruit, Juice, Milk</p> <p><b><u>Spaghetti w/ Meat Sauce</u></b> Garlic WG Texas Toast California Blend Vegetables 5 Fruit Mix Cup Frozen Sidekick Garden/Fruit Bar Milk &amp; Water</p>	<p><b>2</b> French Toast Minis Asst Cereal, Fruit, Juice, Milk</p> <p><b><u>Teriyaki Chicken Nuggets</u></b> Steamed Dumplings, Vegetable Egg Roll Fried Rice Pilaf Romaine Salad w/ WG Croutons Mandarin oranges Garden/Fruit Bar Milk &amp; Water</p>	<p><b>3</b> Pumpkin or Blueberry Bread, Yogurt Cereal, Fresh fruit cup, Chilled Juice, Milk</p> <p><b><u>Cheeseburger on WG Brioche Bun</u></b> Lettuce, Tomato, Onion Seasoned Potato Spirals Powerhouse Baked Beans Fresh Apple Wedges Garden/Fruit Bar Milk &amp; Water</p>	<p><b>4</b> Egg &amp; Cheese Biscuit Wheat Toast, Cereal, Fruit, Juice, Milk</p> <p><b><u>WG Corn Dog</u></b> Tater Tots, Steamed Broccoli Fresh Garden Salad Tostitos Scoops &amp; Blue Smoke Salsa Strawberry Cup Garden/Fruit Bar Milk &amp; Water</p>
<p><b>7</b> Pancake on a Stick, Syrup Cereal, Fruit, Juice, Milk</p> <p><b><u>Chicken Nuggets</u></b> Macaroni &amp; Cheese Green Beans Fresh Red Grapes Garden/Fruit Bar Milk &amp; Water</p>	<p><b>8</b></p> <p><b>Election Day (Schools &amp; Offices Closed)</b></p>	<p><b>9</b> Super Donut, Yogurt, Cereal, Fruit, Juice, Milk</p> <p><b><u>Pepperoni Pizza</u></b> Steamed Corn Fresh Broccoli w Ranch Fresh Fruit Mix Garden/Fruit Bar Milk &amp; Water</p>	<p><b>10</b> Cheese Omelet, WG Toast, Oatmeal, Cereal, Fruit, Juice, Milk</p> <p><b><u>Tomato Soup &amp; Grilled Cheese</u></b> Goldfish Crackers California Blend Veggies Garden Salad w Garbanzo Beans Fresh Pear Garden/Fruit Bar</p>	<p><b>11</b></p> <p><b>Veterans Day (Schools &amp; Offices Closed)</b></p>
<p><b>14</b> Cocoa Puffs Bread, Cheese Stick Cereal, Fruit, Juice, Milk</p> <p><b><u>Chicken &amp; Dumplings</u></b> Mashed Potato W Gravy WG Biscuit Honey Glazed Baby Carrots Fresh Apple Slices Garden/Fruit Bar Milk &amp; Water</p>	<p><b>15</b> Sausage Biscuit WG Cereal, Fruit, Juice, Milk</p> <p><b><u>Taco Tuesday</u></b> Beef Tacos; Shredded Lettuce, Diced Tomatoes, Cheddar Cheese, Sour Cream Refried Beans, Corn Tostitos Scoops &amp; Salsa Garden/Fruit Bar Milk &amp; Water</p>	<p><b>16</b> Cherry Frudel, Yogurt Cereal, Fruit, Juice, Milk</p> <p><b><u>Chicken Parmesan</u></b> Served over Pasta Cheese Stuffed Breadstick Steamed Zucchini, Garden Salad Fresh Orange Wedges Garden/Fruit Bar Milk &amp; Water</p>	<p><b>17</b> Boiled Egg, WG Toast, Oatmeal, Cereal, Fruit, Juice, Milk</p> <p><b><u>Thanksgiving Lunch</u></b> Oven Roasted Turkey Mashed Potatoes w Gravy Green Beans, Stuffing School Made WG Roll Pumpkin Pie w Topping/Apple Pie Milk &amp; Water</p>	<p><b>18</b> Honey Bun WG, Cheese Stick Cereal, Fruit, Juice, Milk</p> <p><b><u>Meatball Sub on WG Hoagie</u></b> Potato Wedges Fresh Pepper Wedges Fresh Fruit Mix Sugar Cookie Garden/Fruit Bar Milk &amp; Water</p>
<p><b>21</b> Double Stuffed Sausage Gravy Pizza Cereal, Fruit, Juice, Milk</p> <p><b><u>Chicken Noodle Soup</u></b> Hot Ham &amp; Cheese on WG Bun Garden Salad w Garbanzo Beans Fresh Celery Sticks &amp; Dip Fresh Apple Slices Garden/Fruit Bar Milk &amp; Water</p>	<p><b>22</b> Egg &amp; Cheese Biscuit Cereal, Fruit, Juice, Milk</p> <p><b><u>Stuffed Crust Pepperoni Pizza</u></b> Cheese Stick, Corn Fresh Broccoli &amp; Dip Fresh Orange Wedges Brownie Garden/Fruit Bar Milk &amp; Water</p>	<p><b>23</b></p> <p>Cook's Choice</p>	<p><b>24</b></p> <p><b>Thanksgiving Holiday (Schools &amp; Offices Closed)</b></p>	<p><b>25</b></p> <p><b>OS Day (Schools &amp; Offices Closed)</b></p>
<p><b>28</b> Mini Cinnamon Rolls. Cheese Stick Cereal, Fruit, Juice, Milk</p> <p><b><u>Salisbury Steak</u></b> Mashed Potatoes &amp; Gravy Green Beans School Made WG Roll Froot Jooce Frozen Cup, Applesauce Garden/Fruit Bar Milk &amp; Water</p>	<p><b>29</b> Mini Waffles w Syrup Yogurt, Cereal, Fruit, Juice, Milk</p> <p><b><u>Breakfast for Lunch</u></b> Chicken &amp; Waffle WG Sandwich Scrambled Eggs Shredded Hash Brown Potatoes Cinnamon Apples, Blueberry Crisps Garden/Fruit Bar Milk &amp; Water</p>	<p><b>30</b> Mini Powder Donut Rings Yogurt, Cereal, Fruit, Juice, Milk</p> <p><b><u>Pepperoni Roll</u></b> Cheese Stick or Yogurt Cup Caesar Salad, Corn Fresh Apple Slices Celebration Cake &amp; Ice Cream Garden/Fruit Bar Milk &amp; Water</p>		

