

**OCTOBER 2022 ELEM**

**KANAWHA COUNTY SCHOOLS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b> Cook's Choice</p>	<p><b>4</b> Cream Cheese Filled Bagel WG Cereal, Fruit, Juice, Milk</p> <p>Hot Ham &amp; Cheese on WG Bun Nacho Doritos Carrot/Celery Sticks w Ranch Dip Pineapple Tidbits Garden/Fruit Bar Milk &amp; Water</p>	<p><b>5</b> Boiled Egg, WG Toast, Oatmeal WG Cereal, Fruit, Juice, Milk</p> <p>Chicken &amp; Noodles WG Biscuit Green Beans Cinnamon Applesauce Garden/Fruit Bar Milk &amp; Water</p>	<p><b>6</b> Banana Muffin, Yogurt WG Cereal, Fruit, Juice, Milk</p> <p>Fish Sticks, WG Macaroni &amp; Cheese Steamed Broccoli Fresh Pear Garden/Fruit Bar Milk &amp; Water</p>	<p><b>7</b> WG Honey Bun, Cheese Stick, WG Cereal, Fruit, Juice, Milk</p> <p>Pig in a Blanket, WG Baked Beans Steamed Corn, Fresh Pepper Strips Chocolate Chip Cookie, WG Garden/Fruit Bar Milk &amp; Water</p>
<p><b>10</b> Cinnamon Toast Crunch Bread, Yogurt, WG Cereal, Fruit, Juice, Milk</p> <p><u><b>Chicken Nuggets WG</b></u> Mashed potatoes, Gravy Seasoned Honey Glazed Carrots WG School made Roll Mandarin Oranges Garden/Fruit Bar Milk &amp; Water</p>	<p><b>11</b> Yogurt, Pancake Sausage on a Stick, WG Cereal, Fruit, Juice, Milk</p> <p><u><b>BREAKFAST FOR LUNCH:</b></u> Eggs, Sausage Links Warmed Cinnamon Apples Hash Browned Potatoes WG Biscuit Garden/Fruit Bar Milk &amp; Water</p>	<p><b>12</b> No School</p>	<p><b>13</b> WG Breakfast Pizza, Yogurt, WG Cereal, Fruit, Juice, Milk</p> <p><u><b>Cheeseburger on WG Bun</b></u> Seasoned Steak Wedges Baked Beans Steamed Broccoli Chilled Fresh Fruit Cup Garden/Fruit Bar Milk &amp; Water</p>	<p><b>14</b> WG French Toast, Yogurt WG Cereal, Fruit, Juice, Milk</p> <p><u><b>Spaghetti w/ Meat Sauce</b></u> WG Texas Toast Caesar Salad w/WG Croutons Sugar Snap Peas Strawberries &amp; Blueberries &amp; Bananas Garden/Fruit Bar Milk &amp; Water</p>
<p><b>17</b> Egg &amp; Cheese Wrap , Yogurt Cereal, Fruit Juice, Milk</p> <p><u><b>Pepperoni Stuffed Crust Pizza. WG</b></u> California Blend Steamed Veggies Fresh Garden Salad w baby spinach and locally grown grape tomatoes Mandarin Oranges Garden/Fruit Bar Milk &amp; Water</p>	<p><b>18</b> WG Chocolate Chip Belgium Waffle Cereal, Fruit, Juice, Milk</p> <p><u><b>Breaded Chicken Filet on a WG Bun</b></u> Lettuce, Tomato, Onion Baked Beans Tater Tots Sidekick Sherbet Garden/Fruit Bar Milk &amp; Water</p>	<p><b>19</b> Egg and Cheese Omelet Wheat Toast, WG Cereal, Fruit, Juice, Milk</p> <p><u><b>Italian Pasta Bake</b></u> Steamed Broccoli Caesar Salad w/ ranch dressing WG Garlic Bread Strawberries and Bananas Garden/Fruit Bar Milk &amp; Water</p>	<p><b>20</b> Lemon Blueberry Parfait w Granola, Cereal, Fruit, Juice, Milk</p> <p><u><b>Chicken Fajita. WG</b></u> Lettuce, Tomato, Sour Cream, Taco sauce Refried Beans WG Tortilla Chips with Salsa Mexicali Corn Garden/Fruit Bar Milk &amp; Water</p>	<p><b>21</b> Super Donut, Yogurt/Cheese Stick WG Cereal, Fruit, Juice, Milk</p> <p><u><b>Sloppy Joe's on WG Bun</b></u> Lettuce, Tomato, Onion Carrot and Celery Sticks Crinkle Cut French Fries Fresh Melon Citrus Cup Garden/Fruit Bar Milk &amp; Water</p>
<p><b>24</b> Egg and Cheese Croissant WG Cereal, Fruit, Juice, Milk</p> <p><u><b>WG Chicken Tenders</b></u> Seasoned Potato Wedges Corn on the Cobb Calico Baked Beans Melon Cup Garden/Fruit Bar, Milk &amp; Water</p>	<p><b>25</b> Breakfast Apple Frudel Asst Cereal, Fruit Juice, Milk</p> <p><u><b>Taco Tuesday - Beef Taco</b></u> Shredded Lettuce, Diced Tomatoes, Local Salsa and Tostitos Chips, Sour Cream, Cheddar Cheese Mexicali Corn, Spanish Rice Garden/Fruit Bar Milk &amp; Water</p>	<p><b>26</b> Sausage Biscuit Asst Cereal, Fruit, Juice, Milk</p> <p><u><b>Salisbury Steak with Brown Gravy</b></u> Mashed Potatoes Seasoned Green Beans School Made WG Roll Chilled Peaches Garden/Fruit Bar Milk &amp; Water</p>	<p><b>27</b> Bacon Egg &amp; Cheese on WG Bagel Asst Cereal, Fruit, Juice, Milk</p> <p><u><b>Chicken Fettuccini Alfredo</b></u> WG Stuffed Breadstick Steamed Broccoli Florets, Pineapple tidbits Fresh Garden Salad Garden/Fruit Bar</p>	<p><b>28</b> Mini maple Waffle, Yogurt Asst Cereal or Hot Oats, Fruit, Juice, Milk</p> <p><u><b>WG School Made Pepperoni Roll</b></u> Cheese Stick, Yogurt Cup Steamed Broccoli Spring Garden Salad w/ baby spinach Garden/Fruit Bar Milk &amp; Water</p>
<p><b>31</b> Chicken Sliders, Yogurt Cereal, Fruit, Juice, Milk</p> <p><u><b>Cheese French Bread Pizza, WG</b></u> Garden Salad with baby spinach, Rainbow Pepper strips w/ranch dip Mandarin Oranges Celebration Cake and Ice Cream Garden/Fruit Bar Milk and Water</p>	<p>Strawberry &amp; Cream Cheese Triangles, Cereal, Fruit, Juice, Milk</p> <p><u><b>Spaghetti w/ Meat Sauce</b></u> Garlic WG Texas Toast California Blend Vegetables 5 Fruit Mix Cup Frozen Sidekick Garden/Fruit Bar Milk &amp; Water</p>	<p>French Toast Minis Asst Cereal, Fruit, Juice, Milk</p> <p><u><b>Teriyaki Chicken Nuggets</b></u> Steamed Dumplings, Vegetable Egg Roll Fried Rice Pilaf Romaine Salad w/ WG Croutons Mandarin oranges Garden/Fruit Bar Milk &amp; Water</p>	<p>Pumpkin or Blueberry Bread, Yogurt Cereal, Fresh fruit cup, Chilled Juice, Milk</p> <p><u><b>Cheeseburger on WG Brioche Bun</b></u> Lettuce, Tomato, Onion Seasoned Potato Spirals Powerhouse Baked Beans Fresh Apple Wedges Garden/Fruit Bar Milk &amp; Water</p>	<p>Egg and Cheese Biscuit Wheat Toast, Cereal, Fruit, Juice, Milk</p> <p><u><b>WG Corn Dog</b></u> Macaroni and Cheese Cucumber and Tomato Salad Fresh Garden Salad with WG croutons Strawberry Cup Garden/Fruit Bar Milk &amp; Water</p>

**Milk Choices:** 1% White, NF Chocolate, NF White, NF Strawberry, Lactaid

**Garden Bar:** Assortment of fresh vegetables, LF Dressings, Local produce used daily

**Fruit Bar:** Assorted fresh and canned fruit, seasonal local fruits used

**Fruit Juice:** All juice served is 100% juice. Apple, Orange, Pineapple and grape are offered daily

**Cereal and all Grain** items are currently 51% Whole Grain and Reduced Sugar.

Hot Oats, Wheat Toast and WG salad croutons offered daily