

AUGUST 2022

KANAWHA COUNTY SCHOOLS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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 and grape are offered daily Cereal and all Grain items are currently 51% Whole Grain, and reduced sugar. Hot Oats, Yogurt and WG salad croutons offered daily. Salad Dressings will be all low fat						
22 WP Breakfast, Yogurt, Cereal, Fresh Fruit, Fruit Juice, Milk and Water <u>Chicken Nuggets WG</u> Mashed potatoes, Gravy Seasoned Green Beans WG School made Roll Fresh Apple Wedges Garden/Fruit Bar Milk & Water	23 Sausage Pancake on a Stick, WG, Yogurt Cereal, Fresh Fruit, 100% Juice, Milk <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	24 Sausage WG Biscuit, Yogurt Cereal, Fresh Fruit Choice, 100% Fruit Juice, Milk <u>WG Corn Dog</u> Orange Glazed Carrots Tater Tots Fresh Garden Salad w/Tomatoes Pineapple Tidbits Garden/Fruit Bar Milk and Water	25 Strawberry Cream Cheese WG Bagel, Cereal, Yogurt, Fruit Juice, Fresh Fruit, Milk <u>Cheeseburger on WG Bun</u> Lettuce, Tomato, Onion Baked Beans Fresh Green Pepper Strips Fresh Apple Wedges Garden / Fruit Bar Milk and Water	26 Chicken Sliders, Yogurt Cereal, Fresh Fruit, 100% juice, Milk and Water <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		
29 Egg and Cheese Breakfast WG Sandwich, WG Cereal, Fresh Fruit, 100% Fruit Juice, Milk and Water <u>Spaghetti w/ Meat Sauce</u> WG Garlic Texas Toast, Steamed Broccoli , Fresh Fruit Salad, Royal Brownie Garden/Fruit Bar	30 Ham and Cheese on English Muffin Cereal, Yogurt Fresh Fruit, 100% Juice, Milk and Water <u>Chicken Teriyaki Nuggets</u> Stir Fry Vegetables, Rice Pilaf Mandarin Oranges Fruit Sidekick, WG Sugar Cookie Garden /Fruit Bar Milk and Water	31 WG Breakfast Pizza, Cereal, Fresh Fruit, Yogurt, Juice, and Milk <u>Salisbury Steak and Gravy</u> Mashed Potato Seasoned Green Beans WG School Made Roll Pineapple Tidbits Garden/Fruit Bar Milk and Water	1 School Made WG Cinnamon Roll Yogurt, Fresh Fruit, Juice, Milk <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	2 Sausage Egg and Cheese Biscuit Yogurt, Cereal, Fresh Fruit, Juice, and Milk <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		