

OCTOBER 2024 ELEM

KANAWHA COUNTY SCHOOLS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1 Pumpkin Bread, Yogurt, Cereal, Fruit, Juice, Milk <u>Taco Tuesday: Beef Tacos WG Hard Shell</u> Shredded Lettuce, Diced Tomatoes, Local Salsa and Tostito Scoops Sour Cream, Cheddar Cheese Mexicali Corn, Spanish Rice Fruit/Garden Bar Milk	2 Sausage Biscuit, Yogurt, Cereal, Fruit, Juice Milk <u>WG Pepperoni Pizza Wedge</u> Corn on the Cobb Garden Salad w Romaine Chocolate Pudding Fruit/Garden Bar Milk	3 French Toast Sticks, Yogurt, Cereal, Fruit, Juice, Milk <u>WG Chicken Tenders</u> Macaroni and Cheese Steamed Carrot Coins Applesauce Fruit/Garden Bar Milk	4 School Made Cinnamon Roll, Cereal, Fresh Fruit, Juice, Milk <u>Bacon Cheeseburger on WG Bun</u> Lettuce, Tomato, Onion, Pickle Crinkle Cut Fries Baked Beans Royal Brownie Fruit/Garden Bar Milk
7 Apple Frudel, Overnight Oats, Yogurt, Cereal, Fruit, Juice, Milk <u>Breakfast for Lunch</u> Scrambled Eggs, Sausage Patties, Warm Cinnamon Apples, Hash Brown Potatoes, WG Biscuit Fruit/Garden Bar Milk	8 French Toast Sticks, Yogurt, Cereal, Fruit, Juice, Milk <u>Chicken Fajita: WG Tortilla</u> WG Spanish Rice, Lettuce, Tomato, Onion Black Bean and Corn Salsa WG Tortilla Chips, Mandarin Oranges, Fruit/Garden Bar Milk	9 Pancake on a Stick, Syrup, Yogurt, Cereal, Fruit, Juice, Milk <u>Hamburger WG Bun: lettuce/tomato</u> Crispy Tater Tots, Baked Beans Fresh Broccoli/Cauliflower w Dip Frozen Fruit Juice Bar Milk	10 Breakfast Bagel WG, Yogurt, Cereal, Fruit, Juice, Milk <u>Powerhouse Chili</u> WG Corn Bread Baked Potato Bar, Broccoli Chilled Peaches Fruit/Garden Bar Milk	11 Sausage, Cheese Croissant, Cereal, Fruit, Juice, Milk <u>WG Chicken Drumstick</u> Creamy Mashed Potatoes Green Beans, Pineapple Tidbits WG School Made Roll Fruit/Garden Bar Milk
14 No School	15 No School	16 Strawberry Filled Bagel, Overnight Oats, Cereal, Fruit, Juice, Milk <u>Hot Ham and Cheese Sandwich WG</u> Lettuce, Tomato, Onion Tater Tots w/Cheese Sauce Baked Beans Fruit/Garden Bar Milk	17 Chicken Waffle Sandwich, Cereal, Fresh Fruit, Juice, Milk <u>Teriyaki Chicken</u> Stir Fry Vegetables, WG Egg Roll Fried Rice, Mandarin Oranges WG Rice Kripsie Treat Fruit/Garden Bar Milk	18 Yogurt, Caramel Cinni Minni, Cereal, Fruit, Juice, Milk <u>Hot Dog w Chili (optional) WG Bun</u> Creamy Coleslaw Spiral Fries Steamed Parmesan Broccoli Florets Royal Brownie Fruit/Garden Bar Milk
21 Blueberry Parfait w Granola and Raisins, Cereal, Fruit, Juice, Milk <u>WG Chicken Nuggets</u> Au Gratin Potatoes WG Biscuit Steamed Broccoli Fruit/Garden Bar Milk	22 Sausage Bites WG, Cheese Stick, WG Cereal, Fresh Fruit, Juice, Milk <u>Salisbury Steak</u> Mashed Potatoes w Gravy Green Beans School Made WG Hot Rolls Sliced Peaches Fruit/Garden Bar Milk	23 Pumpkin WG Bread, Cheese Stick or Yogurt, Cereal, Fresh Fruit, Juice, Milk <u>Cheeseburger on WG Bun</u> Lettuce, tomato, onions Spiral French Fries Baked Beans Fruit/Garden Bar Milk	24 Egg, Cheese and English Muffin, WG Cereal, Fresh Fruit, Juice, Milk <u>Spaghetti and Meatsauce</u> Italian Cheese and Garlic Bread Steamed California Blend Vegetables Caesar Salad WG Croutons Fruit/Garden Bar Milk	25 Pancakes, Strawberry Cup, Cereal, Fresh Fruit, Juice, Milk <u>WG Cheese Pizza</u> Steamed Broccoli Florets Apple Crisp Halloween Sidekick Fruit/Garden Bar Milk
28 Chicken Biscuit, WG Cereal, Fresh Fruit, Juice, Milk <u>WG Mini Corn Dogs</u> Potato Smiles Steamed Carrot Coins Applesauce Fruit/Garden Bar Milk	29 Egg, Cheese, WG English Muffin, Cereal, Fruit, Juice, Milk <u>Chicken Fettuccini Alfredo</u> Fresh Caesar Salad w WG Croutons Steamed Broccoli Warm WG Garlic Texas Toast Fruit/Garden Bar Milk	30 MVP Donut, Overnight Oats, Yogurt, WG Cereal, Fruit, Juice, Milk <u>Beef Burrito</u> Lettuce, tomato, sour cream, taco sauce Cheesy Refried Beans, Corn WG Tortilla Chips w Salsa Fruit/Garden Bar Milk	31 Breakfast Wrap, WG Cereal, Fresh Fruit, Juice, Milk <u>WG Pepperoni Roll, Yogurt Parfait</u> Fresh Garden Salad w Baby Spinach WG Croutons, String Cheese Celebration Cake Fruit/Garden Bar Milk	

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