

# JAN ELEM 2024 MONDAY

## TUESDAY

## WEDNESDAY

# KANAWHA COUNTY SCHOOLS THURSDAY FRIDAY

<b>1</b> Happy New Year 2024	<b>2</b> No school	<b>3</b> Scrambled eggs, Wheat Toast Cereal, Yogurt, Fresh Fruit, Milk  Breaded WG Chicken Drumstick Mashed Potatoes and gravy Green Beans School Made Wheat Roll Milk and Water Garden Bar and Fruit	<b>4</b> MVP Donut, Fruit Smoothie Cereal, Fresh Fruit, Fruit Juice, Milk  Spaghetti and Meat Sauce Cheesy Stuffed Breadstick Steamed Broccoli Mandarin Oranges Milk and water Garden and Fruit bar	<b>5</b> School Made Cinnamon Roll Yogurt, Fresh Fruit, 100% Juice, Milk  Bacon Cheeseburger on WG Bun Seasoned Potato Smiles Steamed Buttered Corn Baked beans Milk and water Garden and fruit Bar
<b>8</b> Pancake on a Stick, Cereal, Yogurt Fruit, 100% Fruit Juice, Milk  Baked WG Chicken Bites Macaroni and Cheese Blueberry Delight Steamed Honey Glazed baby carrots Garden and Fruit Bar Milk and Water	<b>9</b> Cheese Omelet Wrap, Wheat Toast Cereal Juice, Banana, Yogurt, Milk  French Bread Cheese Pizza Parmesan Broccoli florets, Frozen Sidekick Fresh Pepper Strips Garden Bar and Fruit Bar, Milk and Water	<b>10</b> Orange Dream Muffin, Cereal, Fruit Juice, Yogurt, Fruit, Milk and Water  Honey Glazed Ham slice Au Gratin Cheddar Potatoes Applesauce, Green beans School Made Wheat Roll Garden and Fruit Bar Milk and Water	<b>11</b> Pancakes, Cereal, Fruit Juice, Fresh Fruit, Milk and Water  Breakfast for lunch: Scrambled Eggs, Sausage patties hash brown potato warm cinnamon apples, local salsa Sausage Gravy and Biscuit Garden and Fruit Bar Milk and Water	<b>12</b> Cheese, Sausage and Egg Biscuit Cereal, Fruit Juice, Fruit, Yogurt, Milk  Chicken Fettuccini Alfredo Fresh Caesar Salad WG Croutons Strawberries w/ Topping, Peas and carrots, Warm Garlic Texas Toast slice Garden and Fruit Bar Milk and Water
<b>15</b> No school	<b>16</b> No school	<b>17</b> Breakfast Pizza, Cereal, Fresh Fruit, Yogurt, Fruit Juice, Milk and Water  Salisbury Steak and Gravy Mashed Potatoes Green Beans, Applesauce WG School Made Roll Garden and Fruit Bar Milk and Water	<b>18</b> Bagel with cream Cheese Cereal, Fruit, Yogurt, Fruit Juice, Milk  Chicken and Noodles Steamed California Blend Vegetables Warm Biscuit, Mandarin Oranges Royal Brownie Garden and Fruit Bar Milk and Water	<b>19</b> French Toast Sticks, Sausage patty Cereal, Fruit Juice, Fresh Fruit, Yogurt, Milk  All Beef Hot Dog on a WG bun Hot dog chili (optional) potato wedges, Frozen Fruit Cup, Baked Chips, Creamy Coleslaw Garden and Fruit Bar, Milk and Water
<b>22</b> Apple Fritter, Cereal, Fruit Juice, Yogurt, Fresh Fruit, Milk and Water  Breaded WG Chicken Nuggets Mashed Potatoes Seasoned Green beans School Made Roll Garden and Fruit Bar Milk and Water	<b>23</b> Chicken Waffled Biscuit, Cereal, Yogurt, Fruit, Juice, Fruit, Milk  Taco Tuesday: Beef, soft WG Tortilla cheese, tomato, lettuce, taco sauce, sour cream, Fresh Orange Slices Salsa and Corn Chips Mexicali Corn, Garden and Fruit Bar Milk and water	<b>24</b> Sausage Biscuit, Fresh Fruit, Fruit Juice Milk  Mini WG Corn Dog Nuggets Crinkle Cut French Fries Honey Glazed Carrots, Pineapple WG Chocolate Chip Cookie Garden and fruit Bar Milk and Water	<b>25</b> Egg, Canadian Bacon Cheese on English Muffin, Cereal, Juice, Fresh Fruit, Milk  Powerhouse Chili WG cornbread Baked Potato Bar, Broccoli Chilled Peaches Garden and Fruit Bar Milk and Water	<b>26</b> Blueberry Bread, Yogurt Parfait Cereal, Fruit, Juice, Milk and Water  WG Pepperoni Roll Cheese Stick, Yogurt Cup Side Caesar Salad w/WG Croutons Frozen Fruit Cup Garden and Fruit Bar Milk and Water
<b>29</b> Buttered Wheat Toast, Eggs, fruit juice, fresh fruit, cereal, milk and water  WG Cheese Pizza Wedge Fresh Garden Side Salad Fresh Carrot and Celery Sticks Fruit Cocktail Garden and Fruit Bar Milk and Water	<b>30</b> Purple Cow Fruit Smoothie, CinnaFuego Toast Crunch, Fruit, Fruit Juice, Cereal, Milk  Teriyaki Chicken Bites Vegetable Dumplings, Fried Rice Crunchy Asian Coleslaw, egg roll Mandarin oranges Garden and Fruit Bar Milk and Water	<b>31 Cooks Choice</b>  Spaghetti and Meatballs Steamed Parmesan Broccoli Florets Italian Cheese and garlic Bread Pineapple Chunks Celebration Cake and Ice Cream Garden and Fruit Bar Milk and water		

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