

KANAWHA COUNTY SCHOOLS—CHILD NUTRITION

FEBRUARY BREAKFAST & LUNCH MENU 2012

DAILY BREAKFAST CHOICES: ASSORTED CEREALS, FRUIT JUICE, & MILK
DAILY ALTERNATIVE CHOICES: YOGURT, HOT CEREAL, FRESH FRUIT, MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Oatmeal Raisins Assorted Yogurt Assorted Fresh Fruit Assorted Milk	31 Blueberry Muffin Assorted Yogurt Assorted Fresh Fruit Assorted Milk	1 Biscuit w/Country Gravy Assorted Fresh Fruit Assorted Milk	2 French Toast Sticks Fruit & Yogurt Parfait Assorted Fresh Fruit Assorted Milk	3 Egg & Cheese Wheat Toast Assorted Fresh Fruit Assorted Milk
Scrambled Eggs Diced Potatoes Canadian Bacon Warm Cinnamon Apples Wheat Toast Assorted Milk	Chili w/ Beans Crackers Cornbread Kale Greens Sliced Pears Oatmeal- Raisin Cookie Assorted Milk	Cheese Pizza Cole Slaw Green Beans Fruit Salad Pudding Cup Assorted Milk	Beef & Bean Burrito Corn on the Cob Garden Salad Cake w/Icing Mandarin Oranges Assorted Milk	Salisbury Steak & Gravy Mashed Potatoes Steamed Carrots Hot Wheat Roll Applesauce Assorted Milk
6 Egg & Cheese Biscuit Assorted Fresh Fruit Assorted Milk	7 Oatmeal Muffin Square Assorted Yogurt Assorted Fresh Fruit Assorted Milk	8 Bagel w/ Cream Cheese Assorted Fresh Fruit Assorted Milk	9 Scrambled Eggs Home Fries Applesauce Whole Wheat Toast Assorted Fresh Fruit Assorted Milk	10 Pancakes w/ Syrup Assorted Yogurt Assorted Fresh Fruit Assorted Milk
Hamburger on Bun Potato Wedges Baked Beans Fresh Apple Assorted Milk	Chicken Fajita Steamed Corn Chips & Salsa Fresh Orange Assorted Milk	Oven Baked Fish Macaroni & Cheese Hot Wheat Roll Kale Greens Sliced Peaches Assorted Milk	Spaghetti w/Meat Sauce California Vegetables Tossed Salad Hot Wheat Roll Royal Brownies Assorted Milk	Pepperoni Pizza Green Beans Peach Cup WW Sugar Cookie Assorted Milk

MENU ITEMS ARE ALWAYS SUBJECT TO AVAILABILITY
"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER"

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<p>13 Oatmeal Muffin Squares Assorted Yogurt Assorted Fresh Fruit Assorted Milk</p>	<p>14 Oatmeal Hard Boiled Egg Cinnamon Toast Assorted Fresh Fruit Assorted Milk</p>	<p>15 Maple Waffle Fruit & Yogurt Parfait Assorted Fresh Fruit Assorted Milk</p>	<p>16 MVP Breakfast Yogurt Cup Assorted Fresh Fruit Assorted Milk</p>	<p>17 Egg & Cheese on English Muffin Assorted Yogurt Assorted Fresh Fruit Assorted Milk</p>
<p>Beef Taco Refried Beans Spanish Rice Cheese, lettuce, & Tomatoes Corn on the Cob Fresh Apple Assorted Milk</p>	<p>Ranch Chicken Sandwich Lettuce & Tomato Baked Beans Chocolate Chip Cookie Sliced Pears Assorted Milk</p>	<p>Oven Baked Chicken Mashed Potatoes w/Gravy Steamed Peas Cornbread Square Fresh Orange Assorted Milk</p>	<p>School Made Pepperoni Roll Garden Salad Steamed Broccoli Banana Assorted Milk</p>	<p>Chicken Pot Pie D-19 Green Beans Whole Wheat Breadstick Fresh Apple Pudding Cup Assorted Milk</p>
<p>20 NO STUDENTS</p>	<p>21 Breakfast Bites w/syrup Assorted Fresh Fruit Assorted Milk</p>	<p>22 Granola & Fruit Yogurt Parfait Assorted Fresh Fruit Assorted Milk</p>	<p>23 Scrambled Eggs WG Biscuit Apple Butter Assorted Fresh Fruit Assorted Milk</p>	<p>24 Cheese Toast Assorted Fresh Fruit Assorted Milk</p>
<p>IS DAY</p>	<p>Oven Baked Chicken Parmesan Rotini Broccoli W/ Cheese Hot Wheat Roll Sliced Peaches Assorted Milk</p>	<p>Cheese Pizza Steamed Carrots Tossed Salad Fresh Pear Oatmeal Raisin Cookie Assorted Milk</p>	<p>Sloppy Joes on Bun Cole Slaw Steak Fries Vanilla Ice Cream Applesauce Cake Fresh Fruit Assorted Milk</p>	<p>Beef Lasagna Garlic Bread Caesar Salad Green Beans Jiggly Fruit Assorted Milk</p>

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