

**February Hampshire County Schools  
Breakfast and Lunch Menu  
Elementary & Middle Schools**

February 1- February 28, 2023

MONDAY	TUESDAY	WEDNESDAY <b>WV grown &amp; produced items</b>	THURSDAY	FRIDAY
		1 B- French Toast Sticks, Yogurt, Cinnamon Applesauce Cup, Juice, Milk  L- Fish Sticks, Au Gratin Potatoes, Green Beans, Dinner Roll, <b>Fresh Apple</b> , Milk	2 B- Peaches-n-Cream Waffle Dunkers, Juice, Strawberry Cup, Milk  L- Meatloaf, Mashed Potatoes & Gravy, Green Beans, Pears, Milk	3 B- Cereal Choice, Yogurt, Apple Slices, Juice, Milk  L – Spaghetti and Meatballs, Breadstick, Steamed Broccoli, Mango Chunks, Milk
6 B- Bagel w/ Cream Cheese, Yogurt, Banana, Juice, Milk  L- Jumbo Cheese Ravioli, Green Beans, Cheesy Garlic Bread, Pears Milk	7 B- Extravaganza, Yogurt, Mixed Fruit Cup, Juice, Milk  L- – Lunchable (Pepperoni, Marinara, Cheese and Flatbread), Baby Carrots w/Ranch, Peaches, Milk	8 B- Muffin Choice, Banana Split Breakfast Bar, Juice, Milk  L- Popcorn Chicken, Potatoes Au Gratin, <b>WV Natural Cheddar Cheese Round</b> , Mixed Fruit, Milk	9 B- Oatmeal Rounds, Pancake Yogurt Parfait, Mandarin Orange Cup, Juice, Milk  L- Orange Chicken, Rice Pilaf, Steamed Broccoli, Egg Roll, Pineapple, Milk	10 B- Sausage/Egg & Cheese Burrito, Yogurt, Mandarin Orange Cup, Juice, Milk  L- <b>WV Sloppy Joe</b> , Mac & Cheese, Applesauce, Milk
13 B- Cereal Choice, Peaches & Granola Yogurt Parfait, Banana, Juice, Milk  L- Chicken Strips, Corn, Hash Brown, Applesauce, Milk	14 B - Mini Maple Pancakes, Yogurt, Mandarin Orange Cup, Juice, Milk  L- Popcorn Chicken, Potato Casserole Green Beans, Tangerine, Milk	15 B Cinnamon Roll Minis, Yogurt, Applesauce Cup, Juice, Milk  L- Spaghetti w/ <b>WV Meat sauce WV Ranch Flavored Cheese Round</b> , Pears, Milk	16 B – Cereal Choice, Yogurt, Banana, Juice, Milk  L- <b>WV Cheeseburger</b> on Pretzel Bun, Seasoned Wedge Fries, Baby Cucumbers w/Ranch, Mixed Fruit, Milk	17 B - <b>WV Chicken Biscuit Sandwich</b> , Peach Cup, Juice, Milk  L –Hot Dog, Smiley Fries, Mandarin Oranges, Cucumbers w/ Ranch, Milk
20 <b>No School For Students</b>	21 B- Extravaganza, Apple Slices, Juice, Milk  L- Chicken Alfredo, Peas, Applesauce, Banana, Milk	22 B – Breakfast Egg & Cheese Burrito, Diced Pear Cup, Juice, Milk  L- ( <b>Morgantown WV</b> ) <b>Pepperoni Roll</b> w/Marinara, Steamed Broccoli, Mandarin Oranges, Milk	23 B – Colby Cheese Omelet, Peaches-n-Cream Waffle Dunkers, Mandarin Orange Cup, Juice, Milk  L- Walking Taco, Kidney Beans, Peaches, Milk	24 B - <b>WV Pancake &amp; Sausage Sandwich</b> , Peach Applesauce Cup, Juice, Milk  L – Pizza, Baby Carrots w/Ranch, Buttered Corn, Pears, Milk
27 B- Breakfast Pizza, Pineapple Cup, Juice, Milk  L- Scrambled Eggs w/ Sausage Gravy over Biscuits, Tomato Slices, Pears, Milk	28 B- Egg & Cheese Omelet, Yogurt, Applesauce Cup, Juice, Milk  L- Mini Corn Dogs, Smiley Potatoes, Steamed Vegetable Medley, Mixed Fruit, Milk			

This institution is an equal opportunity provider.

\*\*\* Menus subject to change due to inclement weather and product availability\*\*\*