




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

March 1- March 31, 2023

MONDAY	TUESDAY	WV WEDNESDAY State Grown & Produced Products	THURSDAY	FRIDAY
		<p>1 B- Muffin Choice, Blueberry &amp; Strawberry Yogurt Parfait, Cinnamon Applesauce Cup, Juice, Milk</p> <p>L- <b>WV Tomato Soup</b>, Grilled Cheese, Celery w/ Ranch, Pineapple, Milk</p>	<p>2 B - <b>WV Pancake &amp; Sausage Sandwich</b>, Tangerine, Juice, Milk</p> <p>L- Chicken Nuggets, Seasoned Fries, Steamed Vegetable Medley, Banana, Milk</p>	<p>3 B- Egg/Cheese Burrito, Yogurt, Mandarin Orange Cup, Juice, Milk</p> <p>L- <b>WV Cheeseburger</b>, Oven Fries, Applesauce, Milk</p>
<p>6 B-Sausage Egg &amp; Cheese Sandwich, Juice, Banana, Yogurt, Milk</p> <p>L- Chicken Patty Sandwich, Smiley Fries, Apple Slices, Milk</p>	<p>7 B – Egg &amp; Colby Cheese Omelet, Mixed Fruit Cup, Juice, Milk</p> <p>L- <b>WV Cheeseburger</b>, Baked Beans, Cole Slaw, Mandarin Oranges, Milk</p>	<p>8 B - <b>WV Chicken Biscuit Sandwich</b>, Strawberry Cup, Juice, Milk</p> <p>L- <b>WV Pulled Pork</b> Sandwich, Corn, Cucumbers w/ Ranch, Peaches, Milk</p>	<p>9 B- Pancake Yogurt Parfait, Juice, Apple Slices, Milk</p> <p>L – Chicken/Rice/ Cheese Burrito w/ Salsa, Steamed Broccoli, Mixed Fruit, Milk</p>	<p>10 B – Breakfast Egg/Cheese Burrito, Diced Pear Cup, Juice, Milk</p> <p>L- Beef Rotini, Steamed Carrots, Peaches, Milk</p>
<p>13 B- Soft Pretzel w/ Cheese, Yogurt, Juice, Strawberry Cup, Milk</p> <p>L- Rotini w/ Meat Sauce, Green Beans, Pears, Cheese Stick, Milk</p>	<p>14 B - Mini Maple Pancakes, Yogurt, Orange, Juice, Milk</p> <p>L- Chicken Patty Sandwich, Corn, Carrots w/ Ranch, Peaches, Milk</p>	<p>15 B – Cinnamon Roll Minis, Yogurt, Peach Applesauce Cup, Juice, Milk</p> <p>L- Spaghetti w/ <b>WV Meat sauce</b>, Tossed Salad, Texas Toast Banana, Milk</p>	<p>16 B – Cereal Choice, Yogurt/Fruit/ Granola Parfait, Juice, Milk</p> <p>L- Pancakes w/ Sausage Biscuits &amp; Gravy, Tomato Slices, Apple Slices, Milk</p>	<p>17 B – <b>Cereal</b>, Mixed Fruit Cup, Juice, Milk</p> <p>L- <b>WV Sloppy Joe</b>, Seasoned Pinto Beans, Cucumbers &amp; Ranch Dressing, Mandarin Oranges, Milk</p>
<p>20 B- Breakfast Pizza, Banana, Juice, Strawberry Applesauce Cup, Milk</p> <p>L- Chicken Strips, Waffle Fries, Baked Beans, Cornbread, Apple, Milk</p>	<p>21 B- Banana Split Breakfast Bar, Cereal, Juice, Milk</p> <p>L- Chicken Alfredo, Peas, Banana, Applesauce, Milk</p>	<p>22 B – Egg/Cheese/ Sausage Burrito, Yogurt Diced Strawberry Cup, Juice, Milk</p> <p>L- Pretzels w/ <b>WV Chili</b> &amp; Cheese Sauce, Mixed Fruit, Milk</p>	<p>23 B – French Toast Sticks, Yogurt, Mandarin Orange Cup, Juice, Milk</p> <p>L- Soft Taco (<b>WV taco meat</b>, cheese, chips, salsa) Kidney Beans, Orange, Milk</p>	<p>24 B -<b>WV Pancake &amp; Sausage Sandwich</b>, Mix Cup, Juice, Milk</p> <p>L-Fish Nuggets, Au Gratin Potatoes, Tossed Salad, Pears, Milk</p>
<p>27 B-Extravaganza, Banana, Juice, Milk</p> <p>L- Pork Rib Patty, Steamed Carrots, Pears, Milk</p>	<p>28 B-Breakfast Pizza, Peach Applesauce Cup, Juice, Milk</p> <p>L- Breaded Chicken Drumsticks Baked Beans, Tossed Salad, Pineapple Chunks, Milk</p>	<p>29 B –Cereal Choice, Blueberry &amp; Strawberry Yogurt Parfait, Banana, Juice, Milk</p> <p>L- Loaded Nachos Tray (<b>WV taco meat</b>, cheese, chips, salsa) Kidney Beans, Steamed Broccoli, Peaches, Milk</p>	<p>30 B – Snack'n Waffle, Yogurt, Mandarin Oranges, Juice, Milk</p> <p>L- Ham, Potatoes Au Gratin, Green Beans, Roll, Tropical Fruit, Chocolate Chip Cookie</p>	<p>31 B - Pancake &amp; Sausage Sandwich, Mixed Fruit Cup, Juice, Milk</p> <p>L –Hot Dog, Smiley Fries, Baked Beans, Mandarin Oranges, Milk</p>

This institution is an equal opportunity provider.

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