


SEPTEMBER

Middle School Menu

ATTENDANCE MATTERS IN HAMPSHIRE COUNTY SCHOOLS! "STRIVE FOR FIVE"

This institution is an equal opportunity provider

September 4-September 29, 2023

MONDAY	TUESDAY	WV WEDNESDAY WV State grown products & produced	THURSDAY	FRIDAY
<p>4 No School</p> 	<p>5</p> <p>B- Egg & Cheese Omelet, Yogurt Strawberry Applesauce Cup, Fresh Fruit, Juice, Milk</p> <p>L- Mac & Cheese Bowl w/ Chicken Strips or Chicken/ Cheese/ Rice Burrito, Veggies w/ Dip, Applesauce Peaches, Fresh Fruit, Milk</p>	<p>6</p> <p>B- French Toast Sticks, Yogurt, Peach Cup, Juice, Smoothie, Fresh Fruit, Milk</p> <p>L- WV Cheeseburger or Hot Dog w/ WV Chili Sauce, W/W Bun Oven Fries, Baked Beans, Veggies w/ Dip Mixed Fruit, Fresh Fruit, Milk</p>	<p>7</p> <p>B- Sausage/Egg & Cheese Bagel Juice, Fresh Fruit Milk</p> <p>L- Salisbury Steak, Mashed Potatoes W/W Roll, Green Beans Fresh Fruit, Peaches, Spring Salad Mix w/ Tomatoes & Cucumbers, Milk</p>	<p>8</p> <p>B- Cereal Choice, Extravaganza, Yogurt Cinnamon Applesauce Cup Juice, Fresh Fruit, Milk</p> <p>L-Chicken Fajita Wrap, (Shredded Lettuce, Tomato's, Shredded Cheese) Refried Beans Mixed Fruit, Chocolate Chip Cookie, Spring Salad Mix w/ Tomatoes & Cucumbers, Fresh Fruit, Milk</p>
<p>11</p> <p>B- Cheese/Egg/Sausage Burrito Yogurt, Fresh Fruit, Juice, Milk</p> <p>L- L – Pizza Choice (Buffalo or Pepperoni) Stuffed Bread Stick w/ Marinara, Corn, Tropical Fruit Fresh Fruit, Spring Salad Mix w/ Tomatoes & Cucumbers, Milk</p>	<p>12</p> <p>B- Extravaganza, Yogurt Chex Mix Mixed Fruit Cup, Fresh Fruit Juice Milk</p> <p>L-Loaded Chili & Cheese Fries (WV Chili Sauce) Steamed Broccoli Veggies w/ Dip, Peaches, Fresh Fruit Milk</p>	<p>13</p> <p>B- Pancake On A Stick, Yogurt Cinnamon Applesauce Cup Fresh Fruit, Juice, Milk</p> <p>L- WV Pulled Pork Sandwich W/W Bun, Oven Fries, Baked Beans Slaw, Mixed Fruit Spring Salad Mix w/ Tomatoes & Cucumbers, Fresh Fruit Milk</p>	<p>14</p> <p>B- Egg & Cheese Bagel, Yogurt Peach Cup, Fresh Fruit, Juice Milk</p> <p>L- Orange Chicken, Rice Pilaf Steamed Broccoli, Egg Roll, Peaches Fresh Fruit Spring Salad Mix w/ Tomatoes & Cucumbers, Milk</p>	<p>15</p> <p>B- Colby Cheese Omelet, Yogurt, Fresh Fruit, Juice, Milk</p> <p>L- Boneless Wing Day BBQ or Garlic Parmesan Wings, Seasoned Potatoes, Pinto Beans, Pudding Fresh Fruit Veggies W/ Dip, Milk</p>
<p>18</p> <p>B- Cereal Choice, Breakfast Burrito Yogurt, Juice, Fresh Fruit, Milk</p> <p>L- Chili Dog or Hot Dog, Baked Beans, Cole Slaw, Veggies w/ Dip Apple Crisp, Fresh Fruit, Milk</p>	<p>19</p> <p>B - Cheese/Egg/Sausage Bagel Yogurt, Peach Applesauce Cup, Fresh Fruit, Juice, Milk</p> <p>L-Chicken Nuggets or Chicken Tenders, Corn, Peaches, Spring Salad Mix w/ Tomatoes & Cucumbers, Fresh Fruit, Milk</p>	<p>20</p> <p>B- French Toast Sticks, Yogurt Applesauce Cup, Fresh Fruit Smoothie, Juice Milk</p> <p>L- Spaghetti w/ WV Meat sauce Texas Toast, Cheese Stick, Corn Applesauce, Spring Salad Mix w/ Tomatoes & Cucumbers, Fresh Fruit Milk</p>	<p>21</p> <p>B – Colby Cheese Omelet, Yogurt Strawberry Cup, Fresh Fruit, Juice Milk</p> <p>L- Steak & Cheese Sub w/ Peppers & Onions, Onion Rings, Steamed Carrots Mixed Fruit, Fresh Fruit, Milk</p>	<p>22</p> <p>B - WV Chicken Biscuit Sandwich, Fresh Fruit, Peach Cup, Juice, Milk</p> <p>L – Pizza Choice (Buffalo/ Pepperoni/ Cheese) Peas Mozzarella Sticks w/ Marinara Sauce, Veggies w/ Dip, Fresh Fruit Milk</p>
<p>25</p> <p>B- Breakfast Pizza, Strawberry Cup, Juice, Milk</p> <p>L- Sausage Gravy over Biscuits Egg Patty, Hash Brown, Baked Cinnamon Apples, Tomato Slices Fresh Fruit, Smoothie, Milk</p>	<p>26</p> <p>B- W/W Donuts, Yogurt Chex Mix Peach Applesauce Cup, Juice Milk</p> <p>L- Boneless Wing Day (Sriracha or Plain with Ranch) Oven Fries, Corn, Veggies w/ Dip Applesauce, Fresh Fruit, Milk</p>	<p>27</p> <p>B – Cheese/Egg/Sausage Burrito Pear Cup, Fresh Fruit Cup, Juice Milk</p> <p>L- Baked Potato Bar w/ WV Chili Sauce, Shredded Cheese, or Mashed Potato Bowl, Pinto Beans, Mixed Fruit, Spring Salad Mix w/ Tomatoes & Cucumbers Fresh Fruit, Milk</p>	<p>28</p> <p>B – Pancake On A Stick, Yogurt Mandarin Orange Cup, Juice, Milk</p> <p>L- Chicken Alfredo, Steamed Broccoli, Garlic Toast, Applesauce Spring Salad Mix w/ Tomatoes & Cucumbers, Fresh Fruit, Milk</p>	<p>29</p> <p>B - WV Pancake & Sausage Sandwich, Applesauce Cup Juice, Milk</p> <p>L- Chicken Patty Sandwich on W/W Bun, Scalloped Potatoes Steamed Carrots, Peaches, Fresh Fruit, Milk</p>

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