



# AUGUST

## High School Menu

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

This institution is an equal opportunity provider.

August 21- September 1, 2023

MONDAY	TUESDAY	WV WEDNESDAY WV State Grown Products & Produced	THURSDAY	FRIDAY
<p>*** Menus subject to change due to inclement weather and product availability***</p>		<p>Salad bar will be available daily at lunch.</p>	<p>WV Wednesday features WV grown &amp; produced items.</p>	
<p>21 B- Sausage Egg &amp; Cheese Bagel Juice, Yogurt, Fresh Fruit, Milk</p> <p>L- Chicken Wing Day ( Garlic Parmesan or BBQ flavored wings) Kidney Beans, Steamed Broccoli Pears, Fresh Fruit, <b>Garden Bar</b> Milk</p>	<p>22 B - Pancake On A Stick, Yogurt Sunshine Smoothie, Juice, Fresh Fruit, Milk</p> <p>L-Steak &amp; Cheese Sub w// Peppers &amp; Onions, Coated Fries Steamed Carrots, Applesauce Mixed Fruit, Fresh Fruit, <b>Garden Bar</b>, Milk</p>	<p>23 B – French Toast, Yogurt Strawberry Applesauce Cup Juice, Fresh Fruit, Milk</p> <p>L- Baked Potato Bar w/ <b>WV Chili Sauce</b>, Shredded Cheese, Pinto Beans, Peaches, <b>Garden Bar</b> Fresh Fruit Milk</p>	<p>24 B – Breakfast Pizza, Yogurt Chex Mix, Peach Cup, Fresh Fruit Juice, Milk</p> <p>L- Chicken Drumsticks, Mashed Potatoes, Green Beans, W/W Roll Pears, <b>Garden Bar</b>, Fresh Fruit Milk</p>	<p>25 B - <b>WV Chicken Biscuit Sandwich</b>, Strawberry Cup Juice, Fresh Fruit, Milk</p> <p>L – Pizza Choice (Buffalo/ Pepperoni/ Cheese) Mozzarella Sticks w/ Marinara, Peas, Mixed Fruit, <b>Garden Bar</b>, Fresh Fruit Milk</p>
<p>28 B –Cereal Choice, Yogurt, Juice Fresh Fruit, Milk</p> <p>L- Meatball Sub, (Shredded Cheese &amp; Marinara) Coated Seasoned Potatoes, Applesauce, Fresh Fruit <b>Garden Bar</b> Milk</p> <p><b>First Day for Pre K/Head Start</b></p>	<p>29 B-Extravaganza, Yogurt Chex Mix, Juice, Fresh Fruit, Milk</p> <p>L- Orange Chicken, Rice Steamed Broccoli, Eggroll Blueberry Crisp Peaches, Fresh Fruit, <b>Garden Bar</b> Milk</p>	<p>30 B – Egg &amp; Cheese Omelet, Yogurt, Juice, Fresh Fruit, Milk</p> <p>L- Tacos or Loaded Nachos Tray (<b>WV taco meat</b>, Shredded Cheese, Salsa, Diced Tomatoes, Shredded Lettuce) Refried Beans, Steamed Broccoli, Fresh Fruit Mixed Fruit, <b>Garden Bar</b>, Milk</p>	<p>31 B – Breakfast Burrito, Cereal Peach Cup, Purple Smoothie Juice, Fresh Fruit, Milk</p> <p>L- Chicken Patty on W/W Bun or Bean &amp; Cheese Burrito w/ Alfredo Sauce, Kidney Beans, Potatoes Au Gratin, Peaches, <b>Garden Bar</b> Fresh Fruit Milk</p>	<p>1 B - <b>WV Pancake &amp; Sausage Sandwich</b>, Cinnamon Applesauce Cup, Fresh Fruit Juice, Milk</p> <p>L – Pizza Choice (Buffalo/ Pepperoni/ Cheese) Stuffed Bread Stick w/ Marinara, Peas Mixed Fruit, <b>Garden Bar</b>, Fresh Fruit Milk</p>