


OCTOBER

Elementary School Menu

This institution is an equal opportunity provider. **ATTENDANCE MATTERS IN HAMPSHIRE COUNTY SCHOOLS! "STRIVE FOR FIVE"**

October 2 -October 31, 2023

MONDAY	TUESDAY	WV WEDNESDAY State Grown & Produced Products	THURSDAY	FRIDAY
<p>2</p> <p>B-Sausage Egg & Cheese Bagel, Juice Fresh Fruit, Yogurt, Milk</p> <p>L- Beef Rotini, Steamed Broccoli, Peaches, Fresh Fruit, Smoothie, Milk</p>	<p>3</p> <p>B-Breakfast Pizza, Fresh Fruit Strawberry Cup, Juice, Milk</p> <p>L- Meatballs w/ Gravy, Mashed Potatoes, Steamed Broccoli Salad w/ Tomatoes & Cucumbers, Fresh Fruit, Milk</p>	<p>4</p> <p>B- Cinnamon Dunkers, Banana Yogurt Parfait w/ Granola, Cinnamon Applesauce Cup Fresh Fruit, Juice, Milk</p> <p>L- Tacos w/ WV Taco Meat (Shredded Cheese, Shredded Lettuce, Diced Tomatoes, Sour Cream) Tostitos Scoops, Salsa Peaches, Salad w/ Tomatoes & Cucumbers, Fresh Fruit, Milk</p>	<p>5</p> <p>B - Pancake & Sausage Sandwich Fresh Fruit, Juice, Milk</p> <p>L-Chicken Alfredo, Scalloped Potatoes Peas, Applesauce, Kidney Beans Smoothie, Fresh Fruit, Milk</p>	<p>6</p> <p>B- Breakfast Bagel Egg & Cheese Yogurt, Applesauce Cup, Fresh Fruit Juice, Milk</p> <p>L- WV Cheeseburger w/ Tomato & Lettuce, Smiley Fries, Mixed Fruit Applesauce, Fresh Fruit, Milk</p>
<p>9</p> <p>No School For Students</p> 	<p>10</p> <p>B-Sausage/ Egg & Cheese on Croissant, Peach Cup Yogurt, Fresh Fruit, Juice, Cereal Milk</p> <p>L- Breaded Chicken Drumsticks Mashed Potatoes, Green Beans, Spice Cake, Mixed Fruit, Fresh Fruit, Milk</p>	<p>11</p> <p>B – WV Pancake & Sausage Sandwich, Peach Cup, Fresh Fruit, Juice, Milk</p> <p>L- Spaghetti w/ WV Meat sauce, Texas Toast, Cheese Stick, Corn Salad w/ Tomatoes and Cucumbers, Peaches, Milk</p>	<p>12</p> <p>B-Extravaganza, Yogurt, Fresh Fruit, Juice, Milk</p> <p>L- Pizza Mozzarella Sticks w/ Marinara Sauce Corn, Kidney Beans, Cucumbers w/ Ranch Peaches, Milk</p>	<p>13</p> <p>B – Breakfast Burrito, Cereal, Yogurt Pear Cup, Fresh Fruit, Juice, Milk</p> <p>L- Lunchable, (Pepperoni, Shredded Cheese, Nano Bread Bites w/ Marinara) Carrots w/ Dip, Smoothie Fresh Fruit, Milk</p>
<p>16</p> <p>B- Cereal, Yogurt, Juice, Fresh Fruit Milk</p> <p>L- WV Salisbury Steak, Mashed Potatoes Gravy, W/W Roll, Green Beans, Mixed Fruit, Blueberry Crisp Fresh Fruit, Milk</p>	<p>17</p> <p>B - Pancake on a Stick, Yogurt Fresh Fruit, Juice, Milk</p> <p>L- Pizza Mozzarella Sticks w/ Marinara Sauce Corn, Cucumbers w/ Ranch Peaches, Milk</p> <p>End of 1st nine weeks/ Midterms (HHS)</p>	<p>18</p> <p>B – WV Chicken Biscuit Sandwich Strawberry Cup Fresh Fruit, Juice Milk</p> <p>L- WV Cheeseburger on W/W Bun Sliced Tomato, Smiley Fries Applesauce, Fresh Fruit, Chocolate Chip Cookie, Milk</p>	<p>19</p> <p>B – Sausage/ Egg & Cheese on Croissant, Peach Applesauce Cup, Fresh Fruit, Juice Milk</p> <p>L – Chicken/Bean & Cheese Burrito Baby Carrots w/Ranch, Steamed Corn, Mixed Fruit, Fresh Fruit, Pudding, Milk</p>	<p>20</p> <p>B – Egg & Cheese Bagel, Yogurt Cinnamon Applesauce Cup, Fresh Fruit Milk</p> <p>L – Chicken Nuggets Scalloped Potatoes, Pinto Beans Baby Carrots w/ Dip, Pears, Smoothie Milk</p>
<p>23</p> <p>B- Breakfast Pizza, Applesauce Cup Fresh Fruit, Juice Milk</p> <p>L- Chicken Alfredo, Scalloped Potatoes Kidney Beans, W/W Roll, Fresh Fruit Milk</p>	<p>24</p> <p>B- Banana Parfait w/ Granola, Cereal Juice, Milk</p> <p>L- Beef Rotini, Green Beans W/W Roll, Applesauce, Salad, Fresh Fruit Milk</p> <p>Report Card Day</p>	<p>25</p> <p>B – Sausage/ Egg & Cheese on Croissant, Yogurt Fresh Fruit, Strawberry Cup, Juice Milk</p> <p>L- Chicken Noodle Soup, Grilled Cheese, W/W Crackers, Salad w/ Tomatoes & Cucumbers, Peaches Fresh Fruit, Milk</p>	<p>26</p> <p>B – French Toast Sticks, Yogurt Cinnamon Applesauce Cup, Fresh Fruit, Juice, Milk</p> <p>L- Sausage Gravy over Biscuits, Egg Patty, Hash Brown, Smoothie, Tomato Slices Fresh Fruit, Pears, Milk</p>	<p>27</p> <p>B - WV Pancake & Sausage Sandwich, Pear Cup, Fresh Fruit Juice Milk</p> <p>L- Pizza Mozzarella Sticks w/ Marinara Sauce Corn, Cucumbers w/ Ranch Peaches, Milk</p>
<p>30</p> <p>B –Egg/ Sausage/ Cheese Bagel Yogurt, Banana, Juice, Milk</p> <p>L – Chicken/Bean & Cheese Burrito Baby Carrots w/Ranch, Steamed Corn, Mixed Fruit, Fresh Fruit, Pudding, Milk</p>	<p>31</p> <p>B- Pancake On A Stick, Peach Applesauce Cup, Juice, Milk</p> <p>L- Lunchable, (Pepperoni, Shredded Cheese, Nano Bread Bites w/ Marinara) Carrots w Dip, Cookie, Smoothie, Fresh Fruit Milk</p>	<p>*** Menus subject to change due to inclement weather and product availability***</p>	