

January

This institution is an equal opportunity provider.

High School Menu

January 1- January 31, 2024

MONDAY	TUESDAY	WV WEDNESDAY State Grown & Produced Products	THURSDAY	FRIDAY
1 	2 	3 B- Breakfast Burrito Egg/ Sausage/ Cheese, Yogurt, Applesauce Cup Fresh Fruit, Juice, Milk L- Salisbury Steak , Cheesy Potatoes, Green Beans, Applesauce Garden Bar, Peaches, Fresh Fruit Milk	4 B - WV Pancake & Sausage Patty Sandwich , Fresh Fruit, Juice, Milk L – Pizza Choice (Buffalo/ Pepperoni/ Cheese) Stuffed Bread Stick w/ Marinara, Peas, Peaches, Garden Bar Fresh Fruit, Milk	5 B- Egg & Cheese Bagel, Yogurt Strawberry Cup, Fresh Fruit, Juice Fresh Fruit, Milk L- Chicken Nuggets w/ Sauce or Pizza, Corn, Scallop Potatoes, Applesauce, Garden Bar Fresh Fruit, Milk
8 B- Sausage Egg & Cheese Sandwich, Juice, Fresh Fruit Yogurt Milk L- WV Chili Dog on W/W Bun or Nachos, Seasoned Fries, Steamed Carrots, Pudding, Garden Bar Peaches, Fresh Fruit, Milk Report Card Day	9 B - Pancake On A Stick, Yogurt Fresh Fruit, Cinnamon Applesauce Cup Juice, Milk L – Pizza Choice (Buffalo/ Pepperoni/ Cheese) Stuffed Bread Stick w/ Marinara, Peas, Peaches, Garden Bar Fresh Fruit, Milk	10 B - Chicken Biscuit Sandwich Peach Applesauce Cup, Juice Milk L- WV Cheeseburger W/W Bun Lettuce/Tomato/Onion, Pinto Beans Oven Fries, Mixed Fruit, Garden Bar Fresh Fruit, Milk	11 B- Egg & Cheese Bagel, Yogurt Sunshine Smoothie, Fresh Fruit Juice, Milk L- Orange Chicken, Rice Pilaf Steamed Broccoli, Refried Beans Egg Roll, Pears Fresh Fruit, Garden Bar Milk	12 B – Breakfast Bagel Egg & Cheese Pear Cup, Fresh Fruit Juice, Milk L – Chicken Patty or W/W Bun or Pizza, Pinto Beans, Mixed Fruit Cucumbers w/ Ranch Dip, Fresh Fruit, Milk
15 No School 	16 B- Sausage Egg & Cheese Bagel Juice, Fresh Fruit, Yogurt, Milk L- Chicken Wing Day (Garlic Parmesan or BBQ flavored wings) or Pizza, Kidney Beans, Steamed Broccoli, Mixed Fruit, Fresh Fruit Garden Bar Milk	17 B French Toast Sticks, Yogurt Applesauce Cup, Fresh Fruit Juice Milk L- Spaghetti w/ WV Meat sauce Texas Toast, Cheese Stick, Corn Peaches, Garden Bar, Milk	18 B – Breakfast Pizza, Yogurt Chex Mix Peach Cup, Fresh Fruit, Juice, Milk L- Chicken Drumsticks, Mashed Potatoes, Green Beans, W/W Roll Applesauce, Garden Bar, Fresh Fruit Milk	19 B- Cereal Choice, Extravaganza, Yogurt, Cinnamon Applesauce Cup Fresh Fruit, Juice, Milk L- Chicken Fajita w/ Tomato/Lettuce/Cheese or Chicken Cheese & Rice Burrito w/ Alfredo Sauce, Tostitos, Kidney Beans Fresh Fruit, Mixed Fruit, Milk
22 B - WV Pancake & Sausage Sandwich , Yogurt, Cinnamon Applesauce Cup Juice, Milk L – Pizza Choice (Buffalo/ Pepperoni/ Cheese) Stuffed Bread Stick w/ Marinara, Peas, Peaches, Garden Bar Fresh Fruit, Milk	23 B- Breakfast Pizza, Cereal, Yogurt Chex Mix, Peach Applesauce Cup Juice Milk L- Chicken Alfredo, W/W Roll Steamed Broccoli, Pudding, Garden Bar, Applesauce Fresh Fruit, Milk	24 B- Extravaganza, Yogurt Chex Mix Strawberry Cup, Juice, Milk L- WV Soup Day Choice of Tomato or Potato Soup, Grilled Cheese, Garden Bar Peaches, Fresh Fruit Milk	25 B – French Toast, Yogurt, Peach Applesauce Cup, Juice, Milk L- Meatball Sub, (Shredded Cheese & Marinara) or Pizza, Coated Seasoned Potatoes, Pinto Beans, Fresh Fruit Mixed Fruit, Garden Bar Milk	26 B - Cheese/Egg/Sausage Bagel Yogurt, Peach Cup, Juice, Milk L-Chicken Nuggets w/ Sauce or Pizza, Corn, Pears, Garden Bar Fresh Fruit, Milk
29 B- Breakfast Burrito, Yogurt Strawberry Applesauce Cup, Juice Milk L- Mac & Cheese Bowl w/ Chicken Strips or Chicken/ Cheese/ Rice Burrito, Peaches Fresh Fruit, Garden Bar, Milk	30 B- Colby Cheese Omelet, Sausage Patty Yogurt, Fresh Fruit, Juice, Milk L- Boneless Wing Day (Sriracha or Plain with Ranch) or Pizza Oven Fries, Steamed Broccoli, Applesauce, Fresh Fruit, Garden Bar, Milk	31 B- Blueberry Muffin, Cereal, Yogurt Juice, Fresh Fruit, Fruit Cup, Milk L- WV Cheeseburger W/W Bun Lettuce/Tomato/Onion, Pinto Beans Oven Fries, Mixed Fruit Garden Bar Fresh Fruit, Milk	*** Menu subject to change due to inclement weather and product availability***	

