

UPSHUR COUNTY SCHOOLS – MARCH 2019 MENU

Daily Breakfast Choices Include: Assorted Cereals, Yogurt, Fruit, Juice, and Milk
 Daily Lunch Choices Include: Assorted Fresh Fruits/Vegetables, and Milk
 BUMS & BUHS offer a salad bar daily.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1				
Teacher Training No School				
4 Biscuit & Gravy w/Sausage	5 Cinnamon Cheese & Blueberry Stuffed Breadstick	6 Turkey Ham & Cheese Hawaiian Breakfast Sandwich	7 Funnel Cake Waffle w/Fruit And Whipped Topping	8 Bosco Breakfast Cheesestick
Chicken Fajita Refried Beans Mixed Vegetables Sliced Peaches Graham Crackers	Cheeseburger Lettuce/Tomato/Onion Macaroni Salad Red Pepper Strips/Dip Orange Wedges	Macaroni and Cheese Baked Ham Steamed Broccoli Whole Wheat Bread Cinnamon Applesauce	Sloppy Joes on Whole Wheat Bun Sweet Potato Bites Romaine and Spinach Salad Sliced Peas	Potato Crunch Fish Fillet Green Beans Creamy Coleslaw Fresh Apple Breadstick
11 Breakfast Pizza	12 Pancakes	13 Sausage Biscuit	14 Breakfast Boat	15 Cook's Choice
Corn Dog Sweet Potato Bites Peach Cups Whole Wheat Bread Apple Crisp	Pizza Roll Great Northern Beans Tossed Salad Applesauce Cups Yogurt	Homemade Lasagna Broccoli and Carrots with Creamy Ranch Dressing Sliced Peas Whole Wheat Roll	Pepperoni Pizza Steamed Corn Caesar Salad Sliced Peaches St. Patrick's Day Jello	Cook's Choice
18 Cheese Omelet	19 Fruit Parfait	20	21 Sausage & Pancake on a Stick	22 Bacon, Scrambled Egg, Toast
Beef & Bean Chili With Corn Chips Steamed Carrots Pineapple Tidbits Cornbread	Popcorn Chicken Oven Fries Parmesan Broccoli Sliced Peaches WW Roll	No School for Students	Hot Dog on Bun w/Meat Sauce Creamy Coleslaw Red Pepper Strips/Dip Orange Wedges Elf Grahams	Cheese Quesadilla with Pizza Dipping Sauce Tortilla Chips/Guacamole or Salsa Roasted Corn & Black Beans Fresh Grapes
25 French Toast Sticks	26 Breakfast Pizza	27 Chicken Biscuit	28 Cinnamon Roll	29 Breakfast Boat
Scrambled Eggs Sausage Patty WW Biscuit Hash Browns Cinnamon Apples	Oven Fried Chicken Roasted Potatoes Broccoli/Dip Fruit Cocktail WW Roll	Turkey & Cheese Sub Lettuce/Tomato/Onion Sweet Corn Fresh Fruit Celebration Cupcake	Pig in a Blanket Baked Beans Oven Fries Tossed Salad Orange Wedges	Cheese Pizza Baby Carrots/Dip Steamed Peas Applesauce Cup Juice Bar

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.
 Menu Items Are Always Subject To Change.

