



UPSHUR COUNTY SCHOOLS – NOVEMBER 2018 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 Breakfast Boat	2 Sausage/Pancake on a Stick Say Cheese! Pizza
5 NO SCHOOL	6 NO SCHOOL	7 Waffles w/Fruit Topping Popcorn Chicken French Fries Baked Beans Sliced Peaches WW Bread	8 Strawberry Parfait Pizza Roll Day!!! Baby Carrots/Dip Tossed Salad Applesauce Cup Yogurt	9 Scrambled Egg, Bacon & Toast Awesome Alfredo Pasta With Chicken WW Breadstick Parmesan Broccoli Fresh Fruit Sherbet
12 NO SCHOOL	13 French Toast Sticks Spectacular Salisbury Steak Mashed Potato/Gravy Steamed Peas Sliced Pears WW Roll	14 Breakfast Pizza Taco Salad, Cheese & Corn Chips Steamed Corn Refried Beans Peach Cup Energizing Elf Grahams	15 Cinnamon Roll Roasted Turkey w/Dressing Mashed Potatoes and Gravy Green Beans WW Roll Pumpkin Pudding with Whipped Cream	16 Cook's Choice
VETERAN'S DAY				
19	20	21	22	23
	<h1>Thanksgiving Break</h1>			
26 Banana Bread Slice Roasted Chicken Mashed Potatoes Corn on the Cob Mixed Fruit WW Roll	27 Pancakes Sloppy Joe on WW Bun Sweet Potato Bites Romaine and Spinach Salad Sliced Pears	28 Biscuit and Gravy Chicken Noodle Soup/Crackers Peanut or Soy Butter Sandwich Tossed Salad Peach Cup Celebration Cupcake	29 Blueberry Muffin Marvelous Macaroni and Cheese Baked Ham Steamed Broccoli WW Bread Applesauce	30 Breakfast Boat Hamburger on WW Bun Lettuce/Tomato/Onion French Fries Red Pepper Strips/Dip Orange Wedges

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