



UPSHUR COUNTY SCHOOLS – SEPTEMBER 2018 MENU

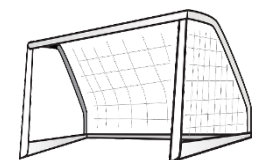
Daily Breakfast Choices Include: Assorted Cereals, Yogurt, Fruit, Juice, and Milk

Daily Lunch Choices Include: Assorted Fresh Fruits/Vegetables, and Milk

BUMS & BUHS offer a salad bar daily



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 <i>Breakfast Bagel</i>	5 <i>Super Donut</i>	6 <i>Breakfast Pizza</i>	7 <i>Blueberry Parfait</i>
NO SCHOOL LABOR DAY HOLIDAY	 Mini Pepperoni Pizza Pizzazz!! Carrots/Dip Steamed Corn Mixed Fruit	Corn Dog Sweet Potato Fries Tossed Salad Orange Wedges Graham Crackers	Lasagna Broccoli/Carrots/Dip Fresh Fruit Whole Wheat Roll	Marvelous Meatball Hoogie w/Oliverio peppers Baked Beans Pepper Strips/Dip Mixed Fruit 
10 <i>Sausage/Pancake Bites</i>	11 <i>Bagel and Cream Cheese</i>	12 <i>Cheese Omelet</i>	13 <i>Fruit and Yogurt Parfait</i>	14 <i>Breakfast Boat</i>
Spaghetti and Meat Sauce Whole Wheat Breadstick Green Beans Tossed Salad Peach Cups	Chicken Patty/WW Bun Tator Tots Glazed Carrots Dried Mixed Fruit Jello w/Topping	Break a Tackle Beef & Bean chili Tortilla Chips Cauliflower/Carrots/Dip Pineapple Chunks Cornbread 	Oven Fried Chicken Roasted Potatoes Parmesan Broccoli Fruit Cocktail Whole Wheat Roll	 Happy Friday! Hot Dog Meat Sauce/Bun Creamy Coleslaw Pepper Strips/Dip Baked Beans Applesauce Cups
17 <i>Chicken Biscuit</i>	18 <i>French Toast Sticks</i>	19 <i>Cinnamon Bun</i>	20 <i>Churros</i>	21 <i>Breakfast Pizza</i>
"Scramble" for a Goal Eggs w/Sausage Patty WW Biscuit  Hash Browns Cinnamon Apples	Baked Ham w/Beans Cornbread Baked Potato Tossed Salad w/Tomatoes Honeydew Chunks	*12:30 Dismissal* Pepperoni Pizza Baby Carrots/Dip Steamed Peas Fresh Red Pears	Chicken Pot Pie Mashed Potatoes Broccoli/Carrot Blend Green Grapes	Touchdown Turkey/Cheese Sub Lettuce/Tomato/Onion Sweet Corn Strawberry Cups 
24 <i>Banana Bread Slice</i>	25 <i>Pancakes</i>	26 <i>Biscuit & Gravy</i>	27 <i>Blueberry Muffin</i>	28 <i>Breakfast Boat</i>
Chicken Nuggets Parmesan Broccoli Baked Beans Sliced Peaches Whole Wheat Bread	Salisbury Steak Mashed Potatoes/Gravy Green Beans Sliced Pears Whole Wheat Roll	Alfredo Pasta w/Chicken Whole Wheat Breadstick Fresh Broccoli Fresh Fruit Celebration Cupcake 	WW Pizza Rolls Baby Carrots/Dip Tossed Salad Applesauce Yogurt	Pork BBQ on Whole Wheat Bun Oven Fries Creamy Coleslaw Fresh Fruit



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



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