


















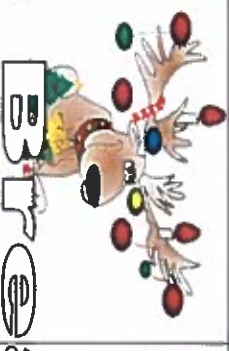



UPSHUR COUNTY SCHOOLS – DECEMBER 2018 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
3 <i>Blueberry Parfait</i> Meatball Hoagie on Whole Wheat Bun Oliverio Peppers Baked Beans Fresh Fruit	4 <i>Breakfast Bagel</i> Looking for Santa Lasagna Roll w/Meat Sauce Broccoli/Carrots/Dip Applesauce WW Breadstick 	5 <i>Super Donut</i> Counting Down to Christmas Chicken Party on WW Bun Tator Tots Glazed Carrots Fresh Fruit Jello w/Topping	6 <i>Breakfast Pizza</i> Brave the Cold Beef Stew Green Beans Strawberry Cup WW Breadstick Smoothie 	7 <i>Funnel Cake Waffles</i>  Prancer Peppercorn Pizza Steamed Corn Carrots/Dip Mixed Fruit
10 <i>Sausage/ Pancake on a Stick</i> Chase Away the Chill Chicken Fajitas Mixed Vegetables Refried Beans Sliced Peaches 	11 <i>Oatmeal & Cinnamon Toast</i>  Hamburger on WW Bun Lettuce/Tomato/Onion Macaroni Salad Red Pepper Strips Fresh Grapes	12 <i>Cheese Omelet</i> *12:30 Dismissal* Chicken Tenders Roasted Potatoes Parmesan Broccoli Orange Wedges WW Roll	13 <i>Cinnamon Roll</i> Pizza Roll Presents  Veggies/Dip Tossed Salad Applesauce Yogurt & Sherbet 	14 <i>Breakfast Boat</i> Beef and Bean Chili With Cheese Tortilla Chips Steamed Carrots Pineapple Tidbits Cornbread
17 <i>Chicken Biscuit</i> Santa's Coming Soon! Scrambled Eggs with WW Biscuit Sausage Patty Cinnamon Apples Hash Browns	18 <i>French Toast Sticks</i> Mini Pepperoni Pizza Baby Carrots/Dip Steamed Peas Strawberry Applesauce Cup Elf Grahams 	19 <i>Breakfast Pizza</i> Tantalizing Tomato Soup Grilled Cheese Sandwich Tossed Salad Sliced Peas Celebration Cupcake 	20 <i>Sausage Biscuit</i>  Roasted Turkey Sweet Potato Casserole Green Beans Fresh Fruit Gingerbread Cake	21 <i>Scrambled Eggs & Bacon</i> *12:30 Dismissal* Cook's Choice 
24 	25 	26 	27 	28 

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