

# UPSHUR COUNTY SCHOOLS FEBRUARY 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.

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cook's Choice *12:30 Dismissal*
4	Breakfast Pizza Oven Fried Chicken Roasted Potatoes Parmesan Broccoli Strawberry Cup Whole Wheat Roll	5 Scrambled Eggs & Bacon Beef and Bean Chili Tortilla Chips & Cheese Steamed Corn Peach Cups Cornbread	6 Biscuit and Gravy Spaghetti and Meat Sauce Whole Wheat Breadstick Green Beans Tossed Salad Sliced Pears	7 Breakfast Boat Chicken Patty on Whole Wheat Bun Tator Tots Glazed Carrots Fresh Fruit Jello w/Topping
11	Super Donut Scrambled Eggs Sausage Patty Cinnamon Apples Hash Browns Whole Wheat Biscuit	12 Breakfast Bagel Hamburger on WW Bun Cheese/Lettuce/Tomato/Onion Red Pepper Strips/Dip Pineapple Tidbits Jello w/Topping	13 Blueberry Muffin Baked Ham Candied Yams Great Northern Beans Strawberry Cups Tossed Salad w/ Tomatoes WW Roll	14 Breakfast Pizza Popcorn Chicken Oven Fries Broccoli/Carrot Blend Oranges Teddy Grahams
18	No School OS Day No School	19 Sausage & Pancake on a Stick Chicken Nuggets Parmesan Broccoli Baked Beans Peach Cups WW Bread	20 Colby Cheese Omelet Baby Carrots/Dip Tossed Salad Applesauce Yogurt	21 Bagel & Cream Cheese Tomato Soup Grilled Cheese Sandwich Romaine & Spinach Salad Fresh Grapes
25	Breakfast Pizza Salisbury Steak Mashed Potatoes & Gravy Green Beans Sliced Pears WW Roll	26 French Toast Sticks Cheese Pizza California Blend Tossed Salad with Tomatoes and Carrots Orange Wedges	27 Cinnamon Roll Chicken & Noodles with Whole Wheat Roll Mashed Potatoes Steamed Peas Sliced Berries Celebration Cupcake	28 Chicken Biscuit Taco Salad w/Cheese and Corn Chips Steamed Corn Refried Beans Fresh Fruit
				22 Breakfast Boat Alfredo Pasta w/Chicken WW Breadstick Fresh Broccoli Fresh Fruit Graham Crackers



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