









# UPSHUR COUNTY SCHOOLS – OCTOBER 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 Cocoa Bread Mini Pepperoni Pizza California Blend Vegetables Tossed Salad w/Tomatoes and Carrots Orange Wedges	2 BOOberry Parfait Chicken and Noodles Mashed Potatoes Steamed Peas Sliced Berries WW Roll	3 Breakfast Bagel Taco Salad with Cheese and Corn Chips Steamed Corn Refried Beans Pineapple	4 Super Donut  Pig in a Blanket Oven Fries Broccoli/Carrots/Dip Fresh Fruit Jello w/Whipped Topping	5 Breakfast Pizza Fish Nuggets Green Beans Creamy Coleslaw Applesauce WW Breadstick
8 Sausage/Pancake on a Stick Roasted Chicken Mashed Potatoes and Gravy Steamed Corn Mixed Fruit WW Roll	9 Cinnamon Bread Slice Happy Hamburger on WW Bun Macaroni Salad Lettuce/Tomato/Onion Red Pepper Strips/Dip  Orange Wedges	10 Cheese Omelet Macaroni and Cheese Baked Ham Steamed Broccoli Tomatoes/Cucumber/Dip WW Bread Applesauce	11 Fruit Parfait "Chicken Dance" Fajitas Mixed Vegetables Refried Beans Sliced Peaches 	12 Bagel and Cream Cheese **12:30 Dismissal** Sloppy Joe on Whole Wheat Bun Sweet Potato Bites Romaine and Spinach Salad Sliced Pears
15 Sausage Biscuit National School Lunch Week!!! Chicken Patty on WW Bun Tator Tots Glazed Carrots Dried Mixed Fruit Vanilla Pudding Cup	16 Scrambled Eggs & Bacon Homemade Lasagna With WW Roll Broccoli/Carrots/Dip Grapes Fruit Sidekicks	17 Funnel Cake Waffle Chicken Tenders w/Biscuit Roasted Potatoes Parmesan Broccoli Fresh Fruit Jello w/whipped topping	18 Chicken Biscuit Hooray!! It's WW Pizza Roll Day Pinto Beans Baby Carrots & Dip Strawberry Applesauce Yogurt	19 Breakfast Boat Beef Stew Cheese Filled Breadstick Green Beans Fresh Fruit Fruit Smoothie
22 Banana Bread Slice Spaghetti and Meat Sauce Green Beans Tossed Salad Sliced Pears WW Breadstick	23 Pancakes Roasted Chicken Mashed Potatoes and Gravy Parmesan Broccoli Fresh Grapes WW Roll	24 Biscuit and Gravy  Chili Out Chili & Cornbread Steamed Carrots Pineapple Slices BOOberry Parfait	25 BOOberry Muffin Corn Dogs Oven Fries Cucumber/Tomato Salad Orange Wedges WW Bread Apple Crisp	26 Scrambled Eggs & Toast Hot Dog/Bun/Meat Sauce Creamy Coleslaw Pepper Strips/Dip Baked Beans Tropical Fruit Elf Grahams
29 Assorted Muffins Scrambled Eggs Sausage Patty/Biscuit Hash Brown Cinnamon Apples	30 Breakfast Bagel Chicken Pot Pie Mashed Potatoes Broccoli/Carrot Blend Mandarin Oranges	31 BOOberry Parfait Spooky Tomato Soup/Crackers Grilled Cheese Sandwich Tossed Salad with Tomatoes Fresh WW Apples Celebration Cupcake		

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