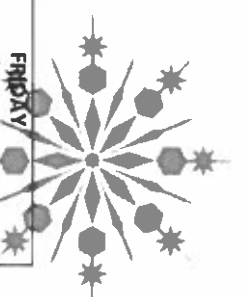
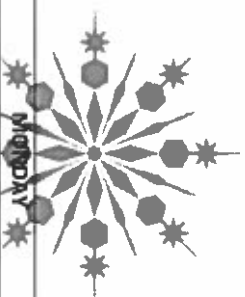



UPSHUR COUNTY SCHOOLS – JANUARY 2019 MENU



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.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31		1	2	3	4
	New Year's Eve No School	New Year's Day No School	Professional Meeting No School	Chicken Nuggets Parmesan Broccoli Baked Beans Sliced Peaches WW Bread	Cheese Pizza Peas & Carrots Strawberry Cup Graham Crackers
7	Biscuit & Gravy	8 Scrambled Eggs & Toast	9 Pancakes	10 Blueberry Muffin	11 Breakfast Boat
	Alfredo Pasta With Chicken WW Breadstick Green Beans Peach Cups	Salisbury Steak Mashed Potatoes/Gravy Glazed Carrots Mixed Fruit WW Roll	Potato Soup With Crackers Cheese Quesadilla Steamed Broccoli Fresh Grapes	WW Pizza Roll Baby Carrots and Dip Tossed Salad Applesauce Yogurt	Pork BBQ on Whole Wheat Bun Oven Fries Creamy Coleslaw Fresh Fruit
14	Banana Bread	15 Breakfast Bogel	16 Super Donut	17 Breakfast Pizza	18 Belgian Waffles
	Popcorn Chicken French Fries Baked Beans Sliced Peaches WW Bread	Steak Hoagie on WW Bun Sweet Potato Fries Grilled Peppers & Onions Broccoli, Carrots & Dip Pineapple Tidbits	Mini Pepperoni Pizza Steamed Corn Tossed Salad California Fruit	Chicken and Noodles Mashed Potatoes Steamed Peas Sliced Berries WW Roll	Fish Sticks Green Beans Creamy Coleslaw Fresh Apple WW Breadstick
21	Martin Luther King, Jr. Birthday	22 Cinnamon Roll	23 Sausage/Pancake on a Stick	24 Fruit Parfait	25 Colby Cheese Omelet
	No School 	Roasted Chicken Mashed Potatoes and Gravy Parmesan Broccoli Fresh Grapes WW Roll	Taco Salad with Cheese and Corn Chips Steamed Corn Refried Beans Fresh Fruit	Macaroni and Cheese Baked Ham Steamed Broccoli Tomatoes/Cucumbers/Dip Applesauce WW Bread	Sloppy Joe on WW Bun Sweet Potato Bites Romaine & Spinach Salad Sliced Peas Teddy Grahams
28	French Toast	29 Chicken Biscuit	30 Churros	31 Breakfast Pizza	1 Cinnamon Bun
	Meatball Hoagie Olivero Peppers Steamed Corn Baked Beans Fresh Fruit	Homemade Lasagna With Meat Sauce Broccoli/Carrots/Dip Fresh Peas WW Roll	Beef Stew Green Beans Sliced Peaches WW Biscuit Celebration Cupcake	Corn Dog Sweet Potato Bites Tossed Salad Orange Wedges WW Bread	*12:30 Dismissal* Cheeseburger on WW Bun Lettuce/Tomato/Onion Oven Fries Red Pepper Strips/Dip Fresh Apple

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

