

UPSHUR COUNTY SCHOOLS – FEBRUARY 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 Biscuit & Gravy	2 Pancakes
			Chicken Nuggets Fresh Broccoli Baked Beans Sliced Peaches WW Bread	Beef and Bean Chili w/Cheese Tortilla Chips/Salsa Steamed Carrots Pineapple Slices Cornbread
5 Zucchini Bread	6 Blueberry Parfait	7 Breakfast Bagel	8 Breakfast Pizza	9 Super Donut
Alfredo Pasta w/Chicken WW Breadstick Steamed Broccoli Fresh Fruit	Pork BBQ on WW Bun Oven Fries Creamy Coleslaw Fresh Fruit	WW Pizza Roll Baby Carrots/Dip Tossed Salad Applesauce Sherbert	Steak Hoagie on WW Bun Pepper/Onion Strips *(Oliverio Peppers BUMS/BUHS) Sweet Potato Fries Broccoli/Carrots/Dip Pineapple	Chicken Nuggets Parmesan Broccoli Baked Beans Sliced Peaches WW Bread
12 Cheese Omelet	13 Sausage & Pancake on a Stick	14 Bagel & Cream Cheese	15 Strawberry Parfait	16 Cinnamon Bread
Turkey/Cheese Sub Lettuce/Tomato/Onion Corn Fresh Fruit	Chicken Pot Pie Mashed Potatoes Broccoli/Carrot Blend Oranges	Baked Ham Candied Yams Great Northern Beans Peaches Tossed Salad w/ Tomatoes WW Roll	Scrambled Eggs Sausage Patty French Toast Cinnamon Apples Broccoli/Cauliflower/Dip	French Bread Pizza Baby Carrots/Dip Steamed Peas Peach Cup Juice Bar
19 Chicken Biscuit	20 French Toast Sticks	21 Breakfast Pizza	22 Cinnamon Bun	23 Churros
Fish Sticks Green Beans Creamy Coleslaw Fresh Apple WW Breadstick	Taco Salad w/Cheese & Corn Chips Steamed Corn Refried Beans Fresh Fruit	Chicken and Noodles Mashed Potatoes Steamed Peas Sliced Berries WW Roll	Salisbury Steak Mashed Potatoes/Gravy Green Beans Sliced Pears WW Roll	Cheese Pizza California Blend Tossed Salad/Tomatoes/Carrots Orange Wedges
26 Banana Bread	27 Pancakes	28 Biscuit & Gravy		
Cheeseburger on WW Bun Oven Fries Lettuce/Tomato/Onion Pepper Strips/Dip Oranges	Macaroni and Cheese Baked Ham Steamed Broccoli Tomatoes/Cucumbers/Dip Applesauce WW Bread	Chicken Fajitas Steamed Rice Mixed Vegetables Refried Beans Sliced Peaches Celebration Cupcake		



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