

UPSHUR COUNTY SCHOOLS – MARCH 2017 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 Fruit Parfait	2 Green Eggs & Ham	3 Breakfast Sandwich
March 6-10 is National School Breakfast Week!		Steak Hoagie on WW Bun Sweet Potato Fries Grilled Peppers and Onions Broccoli/Carrots/Dip Pineapple Tidbits	Chicken and Noodles Mashed Potatoes Steamed Peas Sliced Berries WW Roll	French Bread Pizza California Blend Tossed Salad w/Tomatoes & Carrots Orange Wedges
6 Biscuit & Gravy w/Sausage Crumbles	7 Breakfast Pizza	8 Fruit Topped Waffles w/Whipped Cream	9 Breakfast Smoothie w/Assorted Breads	10 Bacon, Scrambled Eggs, & Toast
Hamburger on WW Bun Macaroni Salad Lettuce/Tomato/Onion Red Pepper Strips/Dip Sliced Peaches	Baked Ham Macaroni & Cheese Steamed Broccoli Cucumber/Tomatoes/Dip WW Bread Applesauce	Roasted Chicken Mashed Potatoes & Gravy Parmesan Broccoli Fresh Grapes WW Roll	Sloppy Joe on WW Bun Sweet Potato Bites Romaine and Spinach Salad Sliced Pears	Cook's Choice
13 Bagel & Cream Cheese	14 Egg/Cheese/Ham Wrap	15 Cinnamon Bread Slice	16 Cook's Choice	17 Breakfast Burrito
Corn Dog Sweet Potato Bites Tossed Salad w/Tomatoes & Carrots Mandarin Oranges Apple Crisp	Lasagna Fresh Fruit WW Roll Broccoli/Carrots/Dip	Beef Stew Green Beans Fruit Cup WW Biscuit Fruit Smoothie	Pepperoni Pizza Steamed Corn Carrots/Dip California Fruit	Meatball Hoagie Tri-Color Pepper Strips/Dip Baked Beans Fresh Fruit Lime Jello
20 Chicken Biscuit	21 French Toast Sticks	22 Cinnamon Bun	23 Churros	24 Super Donut
Beef and Bean Chili Steamed Carrots Pineapple Tidbits Tortilla Chips Cornbread	Spaghetti and Meat Sauce Green Beans Tossed Salad Peaches WW Breadstick	Hamburger on WW Bun Macaroni Salad Lettuce/Tomato/Onion Oven Fries Applesauce Cup	Teriyaki Chicken Stir Fried Vegetables Yellow Rice w/Turmeric Veg Egg Roll Mandarin Oranges Fortune Cookie	Hot Dog on Bun Meat Sauce Creamy Coleslaw Pepper Strips/Dip Baked Beans Tropical Fruit
27 Scrambled Eggs & Toast	28 Pancakes	29 Blueberry Muffin	30 Banana Bread Slice	31 Biscuit & Gravy
Chicken Pot Pie Mashed Potatoes Broccoli/Carrot Blend Mandarin Oranges	Turkey/Cheese Sub Lettuce/Tomato/Onion Sweet Corn Fresh Fruit	Taco Pie Spanish Rice Refried Beans Kiwi w/Peach Half	Scrambled Eggs Sausage Patty French Toast Cinnamon Apples Broccoli/Cauliflower/Dip	Pizza Baby Carrots/Dip Steamed Peas Applesauce Cup Juice Bar

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



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