

McDowell County Schools

McDowell County April 2019 Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
1 *FRUIT JUICE Cereal Waffles FRESH FRUIT *MILK	2 *FRUIT JUICE Cereal *FRUIT MUFFIN FRESH FRUIT *MILK	3 *FRUIT JUICE Cereal BANANA BREAD SQUARES *MILK FRESH FRUIT	4 *FRUIT JUICE Cereal Pancake *MILK FRESH FRUIT	5 *FRUIT JUICE Cereal *CINNAMON ROLL *MILK FRESH FRUIT
8 *FRUIT JUICE Cereal **PANCAKE & SAUSAGE ON A STICK *MILK FRESH FRUIT	9 *FRUIT JUICE Cereal *CHEESE OR RAISIN TOAST *MILK FRESH FRUIT *YOGURT	10 *FRUIT JUICE Cereal Sun butter and jelly *MILK FRESH FRUIT	11 *FRUIT JUICE Cereal *TOASTED BAGEL CREAM CHEESE *MILK FRESH FRUIT	12 *FRUIT JUICE Cereal Pillsbury Mini Bagel *MILK FRESH FRUIT
15 *FRUIT JUICE Cereal **BREAKFAST PIZZA *MILK FRESH FRUIT	16 *FRUIT JUICE Cereal Waffles FRESH FRUIT *MILK	17 *FRUIT JUICE Cereal Sausage biscuit *MILK FRESH FRUIT	18 *FRUIT JUICE Cereal *FRUIT MUFFIN FRESH FRUIT *MILK	19
22 29 *FRUIT JUICE Cereal Pillsbury Mini Bagel *MILK FRESH FRUIT	23 30 *FRUIT JUICE Cereal Sausage biscuit *MILK FRESH FRUIT	24	25	26

"This Institution is an equal opportunity provider."

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

***** - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

McDowell County Schools

McDowell County April 2019 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
1 **BEEFARONI *WHEAT ROLLS CAESAR SALAD W/Ranch Dressing *PEAS *FROZEN FRUIT JUICE BAR *FRESH FRUIT *MILK	2 CHEESE PIZZA *TOSSED SALAD Condiments *PEAS & CARROTS String Cheese *FRUIT CUP *FRESH FRUIT *MILK	3 **HOT DOG *BAKED BEANS *COLE SLAW COOKED BROCCOLI CHEESE SAUCE PEARS *FRESH FRUIT *MILK	4 TOASTED CHEESE SANDWICH *TOMATO SOUP *CELERY & CARROT STICKS RANCH DIP CUP *CORN ON THE COB PINEAPPLE *FRESH FRUIT *MILK	5 **CHILI BEANS *CORNBREAD *BAKED POTATO CARROTS, HONEY COINS *YOGURT *PEACHES *FRESH FRUIT *MILK
8 **HAMBURGER ON WHEAT BUN *POTATO WEDGES *MIXED VEGETABLES LETTUCE & TOMATO *BAKED BEANS *FRUIT CUP *FRESH FRUIT *MILK	9 *SPAGHETTI AND MEAT SAUCE CAESAR SALAD W/Ranch Dressing Texas toast- Wheat *PEAS *FRUIT *FRESH PEARS *MILK	10 **TACO SALAD refried beans *CORN *SPANISH RICE LETTUCE & TOMATO *FRUIT *PINEAPPLES *MILK	11 *BREAKERS BREADED FISH French Fries *BREAD STICK **MACARONI & CHEESE *COLE SLAW PINEAPPLE *FRESH FRUIT *MILK	12 Chicken Alfredo *BREAD STICK BROCCOLI, STEAMED PARMESAN CARROTS, HONEY COINS *MIXED FRUIT *FRESH FRUIT *MILK
15 **GRILLED CHICKEN SANDWICH LETTUCE AND TOMATO French Fries *BAKED BEANS *BANANA *FRESH FRUIT *MILK w/Condiments	16 BAKED HAM BAKED SWEET POTATOES & APPLES BISCUITS GREEN BEANS F/V 1/4 cup *FRESH FRUIT *MILK	17 *CHICKEN NUGGETS *TATOR TOTS *BREAD STICK *BROCCOLI SALAD MIXED FRUIT *FRESH FRUIT *MILK	18 **GRILLED CHICKEN SANDWICH LETTUCE AND TOMATO French Fries *BAKED BEANS *BANANA *FRESH FRUIT *MILK w/Condiments	19
22 29 *CHICKEN NUGGETS BROCCOLI, STEAMED PARMESAN *BREAD STICK *TATOR TOTS *FRUIT FRESH FRUIT *MILK	23 30 **TACO SALAD refried beans *CORN *SPANISH RICE LETTUCE & TOMATO *FRUIT *PINEAPPLES *MILK	24	25	26

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