


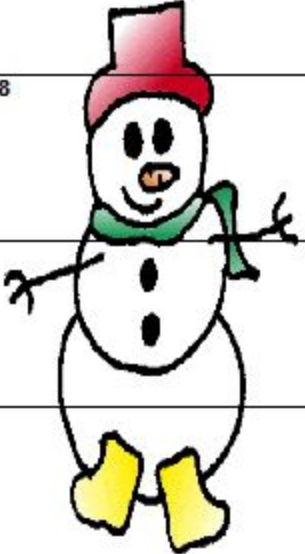
### McDowell County Schools Breakfast Menu

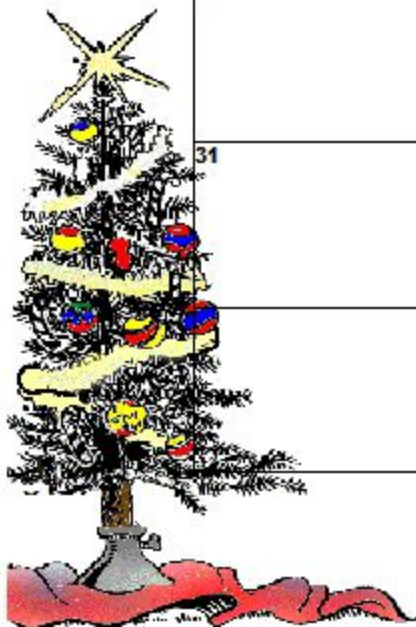
<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
3 *FRUIT JUICE Cereal Sun butter and jelly *MILK	4 *FRUIT JUICE Cereal Egg sandwich *SAUSAGE	5 *FRUIT JUICE Cereal *CHEESE OR RAISIN TOAST *MILK	6 *FRUIT JUICE Cereal Pilsbury Mini Bagel *MILK	7 *FRUIT JUICE Cereal Sausage biscuit *MILK
10 *FRUIT JUICE Cereal *CHEESE OMELET *MILK	11 *FRUIT JUICE Cereal *FRUIT MUFFIN FRESH FRUIT	12 *FRUIT JUICE Cereal **BREAKFAST PIZZA *MILK	13 *FRUIT JUICE Cereal *CINNAMON ROLL *MILK	14 *FRUIT JUICE Cereal Waffles FRESH FRUIT
17 *FRUIT JUICE Cereal Pancake *MILK	18 *FRUIT JUICE Cereal Pilsbury Mini Bagel *MILK	19 *FRUIT JUICE Cereal *TOASTED BAGEL CREAM CHEESE	20 *FRUIT JUICE Cereal **PANCAKE & SAUSAGE ON A STICK	21
24	25 <i>Merry Christmas</i>	26	27	28
31				
**FRESH FRUIT, MILK AND WATER CHOICE IS OFFERED DAILY**				"This institution is an equal opportunity provider."

# DECEMBER



## McDowell County Schools Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 *BREAKERS BREADED FISH French Fries *BREAD STICK **MACARONI & CHEESE	4 BAKED HAM BAKED SWEET POTATOES & A BISCUITS GREEN BEANS	5 **PIGS IN BLANKET Sweet Potato Waffle Frie COOKED BROCCOLI CHEESE SAUCE *BAKED BEANS	6 Rotisserie Baked Chicken BROWN RICE PILAF GREEN BEANS *BROCCOLI RANCH DRESSING	7 TOASTED CHEESE SANDWICH *TOMATO SOUP *CELERY & CARROT STICKS RANCH DIP CUP
10 **TACO SALAD refried beans *CORN *SPANISH RICE LETTUCE & TOMATO	11 *SALISBURY STEAK *MASHED POTATOES GREEN BEANS *WHEAT ROLLS *FRUIT	12 *SPAGHETTI AND MEAT SAUCE CAESAR SALAD W/Ranch Dre *BREAD STICK *PEAS	13 *CHICKEN NUGGETS CARROTS, HONEY COINS BROCCOLI, STEAMED PARMES *BREAD STICK	14 Chicken and Noodles BROCCOLI, STEAMED PARMES CARROTS, HONEY COINS *BREAD STICK
17 **HOT DOG *BAKED BEANS *COLE SLAW COOKED BROCCOLI CHEESE SAUCE	18 *CHICKEN NUGGETS *TATOR TOTS *BREAD STICK *BROCCOLI SALAD MIXED FRUIT	19 TURKEY AND GRAVY *DRESSING GREEN BEANS MASHED POTATOES *WHEAT ROLLS	20 CHEESE PIZZA *TOSSED SALAD RANCH DRESSING Condiments *CORN	21
24	25 	26	27	28 
31		**FRESH FRUIT, MILK AND WATER CHOICE IS OFFERED DAILY**		



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