



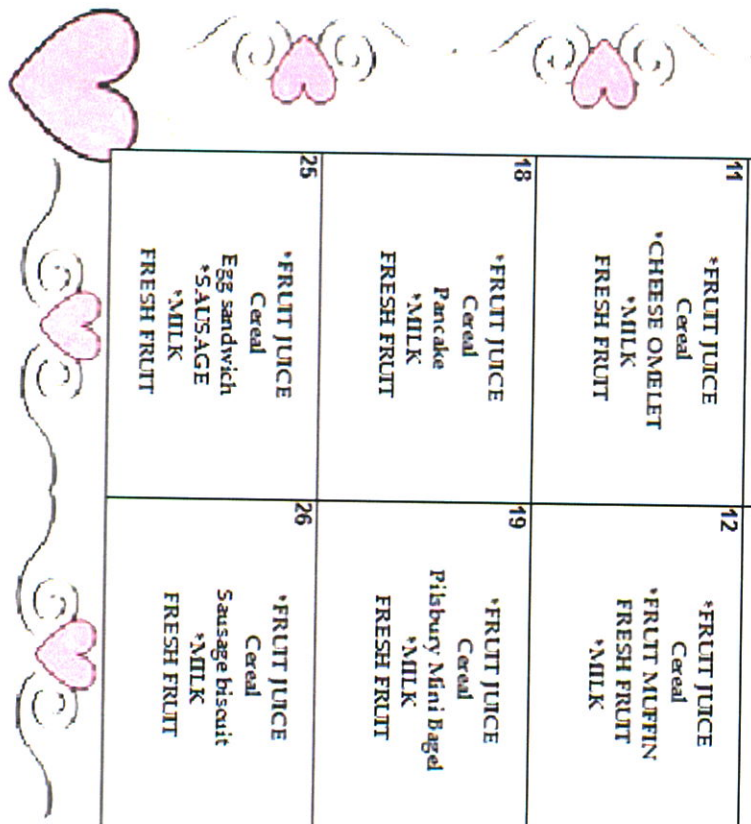
# Get Breakfast

2019

## McDowell County Schools Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 *FRUIT JUICE Cereal Waffles FRESH FRUIT *MILK
4 *FRUIT JUICE Cereal *CHEESE OR RAISIN TOAST *MILK FRESH FRUIT *YOGURT	5 *FRUIT JUICE Cereal Pisbury Mini Bagel *MILK FRESH FRUIT	6 *FRUIT JUICE Cereal Sausage biscuit *MILK FRESH FRUIT	7 *FRUIT JUICE Cereal Pancake *MILK FRESH FRUIT	8 *FRUIT JUICE Cereal *FRUIT MUFFIN FRESH FRUIT *MILK
11 *FRUIT JUICE Cereal *CHEESE OMELET *MILK FRESH FRUIT	12 *FRUIT JUICE Cereal *FRUIT MUFFIN FRESH FRUIT *MILK	13 *FRUIT JUICE Cereal **BREAKFAST PIZZA *MILK FRESH FRUIT	14 *FRUIT JUICE Cereal *CINNAMON ROLL *MILK FRESH FRUIT	15 *FRUIT JUICE Cereal Waffles FRESH FRUIT *MILK
18 *FRUIT JUICE Cereal Pancake *MILK FRESH FRUIT	19 *FRUIT JUICE Cereal Pisbury Mini Bagel *MILK FRESH FRUIT	20 *FRUIT JUICE Cereal *TOASTED BAGEL CREAM CHEESE *MILK FRESH FRUIT	21 *FRUIT JUICE Cereal **PANCAKE & SAUSAGE ON A STICK *MILK FRESH FRUIT	22 *FRUIT JUICE Cereal BANANA BREAD SQUARES *MILK FRESH FRUIT
25 *FRUIT JUICE Cereal Egg sandwich *SAUSAGE *MILK FRESH FRUIT	26 *FRUIT JUICE Cereal Sausage biscuit *MILK FRESH FRUIT	27 *FRUIT JUICE Cereal Sun butter and jelly *MILK FRESH FRUIT	28 *FRUIT JUICE Cereal *CHEESE OR RAISIN TOAST *MILK FRESH FRUIT *YOGURT	**FRESH FRUIT, MILK AND WATER CHOICE IS OFFERED DAILY**

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**McDowell County Schools Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 NACHOS WITH GROUND BEEF CHEESE SAUCE *SPANISH RICE *CORN</p>	<p>5 PORK BBQ ON A BUN *BAKED BEANS *COLE SLAW French Fries FRESH FRUIT</p>	<p>6 CHICKEN AND NOODLES CAESAR SALAD w/Ranch Dre *BREAD STICK *PEAS &amp; CARROTS</p>	<p>7 *CHICKEN NUGGETS BROCCOLI, STEAMED PARMES *BREAD STICK *TATOR TOTS</p>	<p>1 CHEESE PIZZA *TOSSED SALAD RANCH DRESSING Condiments *PEAS &amp; CARROTS</p>
<p>11 CHEESEBURGER *Sweet Potato Fries *MIXED VEGGIES FRESH FRUIT *MILK</p>	<p>12 Chicken Alfredo *BREAD STICK BROCCOLI, STEAMED PARMES CARROTS, HONEY COINS</p>	<p>13 *MEATLOAF *MASHED POTATOES GREEN BEANS *WHEAT ROLLS *FRUIT</p>	<p>14 *BREAKERS BREADED FISH French Fries *BREAD STICK **MACARONI &amp; CHEESE</p>	<p>15 Taco Soup Crocodile Chips *SPANISH RICE *CORN *FRUIT</p>
<p>18 **HOT DOG *POTATO WEDGES *BAKED BEANS *FRUIT FRESH FRUIT</p>	<p>19 Rotisserie Baked Chicken cheesy potatoes GREEN BEANS *FRUIT FRESH FRUIT</p>	<p>20 *LASAGNA w/GROUND BEEF Whole Wheat Texas Toast CAESAR SALAD w/Ranch Dre</p>	<p>21 PIZZA WITH CHEESE TOPPIN *TOSSED SALAD *DRESSING *CORN</p>	<p>22 TURKEY POT PIE CAESAR SALAD w/Ranch Dre *BREAD STICK *PEAS &amp; CARROTS</p>
<p>25 *VEGETABLE SOUP **Cheese Sandwich *PEAS carrots and celery Fruit Slush</p>	<p>26 **PIGS IN BLANKET *TATOR TOTS COOKED BROCCOLI CHEESE SAUCE *FRUIT</p>	<p>27 *SALISBURY STEAK *MASHED POTATOES GREEN BEANS *WHEAT ROLLS *FRUIT</p>	<p>28 *FISH STICKS **MACARONI &amp; CHEESE HUSHPUPPIES French Fries *FRUIT</p>	

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