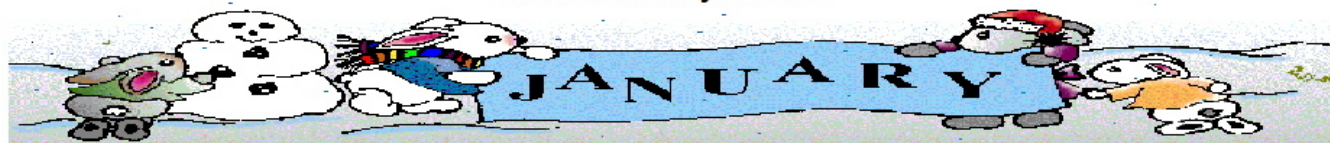
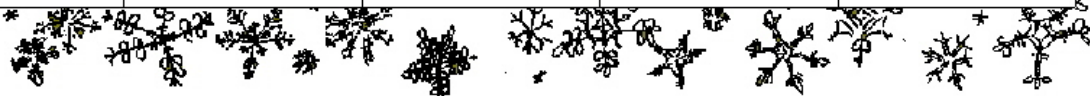
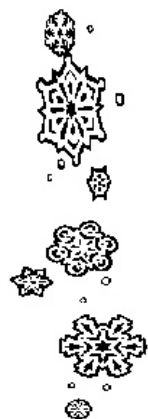


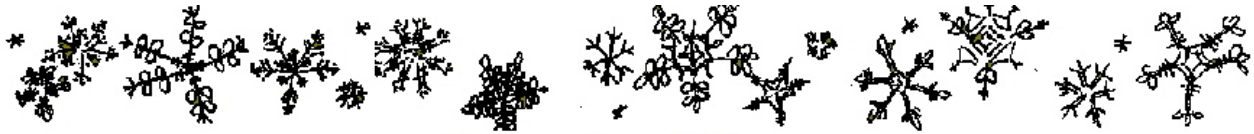
McDowell County Schools



McDowell County Schools Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	
FRESH FRUIT, MILK AND WATER CHOICE IS OFFERED DAILY	1	2	3 *FRUIT JUICE Cereal Sun butter and jelly *MILK FRESH FRUIT	4 *FRUIT JUICE Cereal Egg sandwich *SAUSAGE *MILK	Cal 432 T.Fat 12.1 S.Fat 3.9 Chol 26.1 Sodm 173
7 *FRUIT JUICE Cereal *CHEESE OR RAISIN TOAST *MILK	8 *FRUIT JUICE Cereal Pillsbury Mini Bagel *MILK FRESH FRUIT	9 *FRUIT JUICE Cereal Sausage biscuit *MILK FRESH FRUIT	10 *FRUIT JUICE Cereal Pancake *MILK FRESH FRUIT	11 *FRUIT JUICE Cereal *FRUIT MUFFIN FRESH FRUIT *MILK	Cal 545 T.Fat 13.1 S.Fat 5.3 Chol 25.1 Sodm 726
14 *FRUIT JUICE Cereal *CHEESE OMELET *MILK FRESH FRUIT	15 *FRUIT JUICE Cereal *FRUIT MUFFIN FRESH FRUIT *MILK	16 *FRUIT JUICE Cereal **BREAKFAST PIZZA *MILK FRESH FRUIT	17 *FRUIT JUICE Cereal *CINNAMON ROLL *MILK FRESH FRUIT	18 *FRUIT JUICE Cereal Waffles FRESH FRUIT *MILK	Cal 496 T.Fat 10.1 S.Fat 4.0 Chol 83.1 Sodm 578
21	22 *FRUIT JUICE Cereal Pancake *MILK FRESH FRUIT	23 *FRUIT JUICE Cereal Pillsbury Mini Bagel *MILK FRESH FRUIT	24 *FRUIT JUICE Cereal *TOASTED BAGEL CREAM CHEESE *MILK	25 *FRUIT JUICE Cereal **PANCAKE & SAUSAGE ON A STICK	Cal 302 T.Fat 10.1 S.Fat 2.2 Chol 20.1 Sodm 593
28 *FRUIT JUICE Cereal BANANA BREAD SQUARES *MILK	29 *FRUIT JUICE Cereal Sausage biscuit *MILK FRESH FRUIT	30 *FRUIT JUICE Cereal *CHEESE OR RAISIN TOAST *MILK	31 *FRUIT JUICE Cereal Egg sandwich *SAUSAGE *MILK	"This institution is an equal opportunity provider."	Cal 588 T.Fat 19.1 S.Fat 7.4 Chol 36.1 Sodm 845





January Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Happy New Year!	1	2	3 *CHICKEN NUGGETS CARROTS, HONEY COINS BROCCOLI, STEAMED PARMESAN *BREAD STICK *FRUIT *APPLES *MILK	4 Chicken and Noodles BROCCOLI, STEAMED PARMESAN CARROTS, HONEY COINS *BREAD STICK *YOGURT Orange Slices *FRESH FRUIT
7 **BEEFARONI *WHEAT ROLLS CAESAR SALAD W/Ranch Dre *PEAS *FROZEN FRUIT JUICE BAR *FRESH FRUIT *MILK	8 **HOT DOG *BAKED BEANS *COLE SLAW COOKED BROCCOLI CHEESE SAUCE PEAS *FRESH FRUIT	9 TOASTED CHEESE SANDWICH *TOMATO SOUP *CELERY & CARROT STICKS RANCH DIP CUP *CORN ON THE COB PINEAPPLE *FRESH FRUIT	10 CHEESE PIZZA *TOSSED SALAD RANCH DRESSING Condiments *PEAS & CARROTS String Cheese *FRUIT CUP	11 **CHILI BEANS *CORNBREAD *BAKED POTATO CARROTS, HONEY COINS *YOGURT *PEACHES *FRESH FRUIT
14 **HAMBURGER ON WHEAT BUN *POTATO WEDGES *MIXED VEGETABLES LETTUCE & TOMATO *BAKED BEANS *FRUIT CUP *FRESH FRUIT	15 **TACO SALAD refried beans *CORN *SPANISH RICE LETTUCE & TOMATO *FRUIT *PINEAPPLES	16 *SPAGHETTI AND MEAT SAUCE CAESAR SALAD W/Ranch Dre Texas toast- Wheat *PEAS *FRUIT *FRESH PEARS	17 **GRILLED CHICKEN SANDWICH LETTUCE AND TOMATO French Fries *BAKED BEANS *BANANA *FRESH FRUIT	18 *BREAKERS BREADED FISH French Fries *BREAD STICK **MACARONI & CHEESE *COLE SLAW PINEAPPLE
21	22 BARBECUED CHICKEN *BAKED POTATO GREEN BEANS *WHEAT ROLLS *FRUIT CUP *FRESH FRUIT *MILK	23 *SALISBURY STEAK *MASHED POTATOES GREEN BEANS *WHEAT ROLLS *FRUIT *PEACHES *MILK	24 **PIGS IN BLANKET Sweet Potato Waffle Fries COOKED BROCCOLI CHEESE SAUCE *BAKED BEANS *MIXED FRUIT *FRESH FRUIT	25 *PINTO BEANS *CORNBREAD KALE *TATOR TOTS *FROZEN FRUIT JUICE BAR *FRESH FRUIT *MILK
28 *CHICKEN NUGGETS *TATOR TOTS *BREAD STICK *BROCCOLI SALAD MIXED FRUIT *FRESH FRUIT *MILK	29 Chicken Alfredo *BREAD STICK BROCCOLI, STEAMED PARMESAN CARROTS, HONEY COINS *MIXED FRUIT *FRESH FRUIT *MILK	30 Rotisserie Baked Chicken BROWN RICE PILAF GREEN BEANS *BROCCOLI RANCH DRESSING Condiments *BANANA	31 ***"This institution is an equal opportunity provider."	**FRESH FRUIT, MILK AND WATER CHOICE IS OFFERED DAILY**

