

McDowell County Schools

March 2017 Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
		1 *FRUIT JUICE Cereal *FRUIT MUFFIN FRESH FRUIT *MILK	2 *FRUIT JUICE Cereal Pilsbury Mini Bagel *MILK FRESH FRUIT	3 *FRUIT JUICE Cereal *FRENCH TOAST *MILK FRESH FRUIT
6 *FRUIT JUICE Cereal **EGG BISCUIT *MILK FRESH FRUIT	7	8 *FRUIT JUICE Cereal *FRENCH TOAST *MILK FRESH FRUIT	9 *FRUIT JUICE Cereal **BREAKFAST PIZZA *MILK FRESH FRUIT	10 *FRUIT JUICE Cereal BANANA BREAD SQUARES *MILK FRESH FRUIT
13 *FRUIT JUICE Cereal Waffles FRESH FRUIT *MILK	14 *FRUIT JUICE Cereal Pancake *MILK FRESH FRUIT	15 *FRUIT JUICE Cereal **PANCAKE & SAUSAGE ON A STICK *MILK FRESH FRUIT	16 *FRUIT JUICE Cereal *TOASTED BAGEL CREAM CHEESE *MILK FRESH FRUIT	17 *FRUIT JUICE Cereal Egg sandwich *SAUSAGE *MILK FRESH FRUIT
20 *FRUIT JUICE Cereal *TOASTED BAGEL CREAM CHEESE *MILK FRESH FRUIT	21 *FRUIT JUICE Cereal *CINNAMON ROLL *MILK FRESH FRUIT	22 *FRUIT JUICE Cereal Pilsbury Mini Bagel *MILK FRESH FRUIT	23 *FRUIT JUICE Cereal Flavored waffles *MILK FRESH FRUIT	24 *FRUIT JUICE Cereal French Toast *MILK FRESH FRUIT
27 *FRUIT JUICE Cereal BANANA BREAD SQUARES *MILK FRESH FRUIT	28 *FRUIT JUICE Cereal Waffles FRESH FRUIT *MILK	29 *FRUIT JUICE Cereal *TOASTED BAGEL CREAM CHEESE *MILK FRESH FRUIT	30 *FRUIT JUICE Cereal Pancake *MILK FRESH FRUIT	31 *FRUIT JUICE Cereal **PANCAKE & SAUSAGE ON A STICK *MILK FRESH FRUIT

"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.

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"This institution is an equal opportunity provider."		1 *CHICKEN NUGGETS BROCCOLI, STEAMED PARMES **MACARONI & CHEESE *FRUIT FRESH FRUIT *MILK	2 "Sam I am" ham "Hop on pop" Potatoes "Grinch" Green beans "Who" rolls Fruit Fresh Fruit	3 **CHILI BEANS *CORNBREAD *BAKED POTATO Tree Top Broccoli FRESH FRUIT *MILK
6 NACHOS WITH GROUND BEEF CHEESE SAUCE SALSA Refried Beans BROWN RICE PILAF FRESH FRUIT *MILK	7	8 CHEESEBURGER *Sweet Potato Fries *MIXED VEGGIES FRESH FRUIT *MILK	9 MEAT LOAF *MA SHED POTATOES GREEN BEANS *WHEAT ROLLS *FRUIT FRESH FRUIT *MILK	10 **PIGS IN BLANKET *TATOR TOTS COOKED BROCCOLI CHEESE SAUCE *FRUIT Tangerine *MILK
13 **HOT DOG *POTATO WEDGES *BAKED BEANS *FRUIT FRESH FRUIT *MILK	14 **LA SAGNA W/GROUND BEEF Whole Wheat Texas Toast CAESAR SALAD W/Ranch Dre FRESH FRUIT *FRUIT *MILK	15 *FISH STICKS **MACARONI & CHEESE HUSHPUPIES French Fries *FRUIT FRESH FRUIT *MILK	16 Gravy & Biscuits TOMATOES, CHERRY Eggs, boiled *SAUSAGE FRESH FRUIT *MILK	17 **GRILLED CHEESE SANDWICH TOMATO LENTIL SOUP CELERY & CARROT STICKS *PEAS FRESH FRUIT *MILK
20 *SALISBURY STEAK W/GRAVY *MA SHED POTATOES GREEN BEANS *WHEAT ROLLS *FRUIT FRESH FRUIT *MILK	21 **HAMBURGER ON WHEAT BUN *POTATO WEDGES Tree Top Broccoli RANCH DIP CUP *FRUIT FRESH FRUIT *MILK	22 Slice Cheese Pizza *TOSSED SALAD *PEAS & CARROTS *FRUIT FRESH FRUIT *MILK	23 Barbecued Chicken Quick baked Potatoes GREEN BEANS CARROTS, HONEY COINS *FRUIT FRESH FRUIT *MILK	24 Taco Soup Crocodile Chips *SPANISH RICE *CORN *FRUIT FRESH FRUIT *MILK
27 **Pepperoni Roll *TOSSED SALAD *CORN ON THE COB SUGAR COOKIE *FRUIT FRESH FRUIT *MILK	28 **CHICKEN AND NOODLES *TOSSED SALAD *PEAS *FRUIT FRESH FRUIT *MILK	29 **CHICKEN SANDWICH *POTATO WEDGES *MIXED VEGGIES *FRUIT FRESH FRUIT *MILK	30 Rotisserie Baked Chicken BROWN RICE PILAF *PORK 'N BEANS BROCCOLI, STEAMED PARMES *FRUIT FRESH FRUIT *MILK	31 TURKEY POT PIE CAESAR SALAD W/Ranch Dre *BREAD STICK *PEAS & CARROTS *FRUIT FRESH FRUIT *MILK