

JAN ELEM 2024 MONDAY

TUESDAY

WEDNESDAY

KANAWHA COUNTY SCHOOLS THURSDAY FRIDAY

1 Happy New Year 2024	2 No school	3 Scrambled eggs, Wheat Toast Cereal, Yogurt, Fresh Fruit, Milk Chicken Drumstick, Mashed Potatoes and gravy, Green Beans, Roll, Milk and Water, Garden Bar and Fruit	4 MVP Donut, Fruit Smoothie Cereal, Fresh Fruit, Fruit Juice, Milk Spaghetti & Meat Sauce, Cheesy Stuffed Breadstick, Broccoli, Mandarin Oranges, Milk and water, Garden and Fruit bar	5 School Made Cinnamon Roll Yogurt, Fresh Fruit, 100% Juice, Milk Bacon Cheeseburger, Seasoned Potato Smiles, Buttered Corn, Baked beans Milk and water, Garden and fruit Bar
8 Pancake on a Stick, Cereal, Yogurt,Fruit, 100% Fruit Juice, Milk Baked Chicken Bites, Macaroni & Cheese, Blueberry Delight, Glazed baby carrots, Garden/Fruit Bar, Milk and Water	9 Cheese Omelet Wrap, Toast Cereal, Juice, Banana, Yogurt, Milk Glazed Ham slice, Au Gratin Cheddar Potatoes, Applesauce, Green beans, Roll, Garden/Fruit Bar, Milk and Water	10 Orange Dream Muffin, Cereal, Fruit Juice, Yogurt, Fruit, Milk and Water Cheese Pizza, Parmesan Broccoli florets, Frozen Sidekick, Pepper Strips, Garden & Fruit Bar, Milk and Water	11 Pancakes, Cereal, Fruit Juice, Fresh Fruit, Milk and Water Scrambled Eggs, Sausage, hash brown potato, cinnamon apples, salsa, Gravy & Biscuit, Garden/Fruit Bar, Milk and Water	12 Cheese, Sausage & Egg Biscuit Cereal, Fruit Juice, Fruit, Yogurt, Milk Chicken Fettuccini Alfredo, Strawberries w/ Topping, Peas & carrots, Garlic Toast Garden and Fruit Bar, Milk and Water
15 No school	16 No school	17 Breakfast Pizza, Cereal, Fresh Fruit, Yogurt, Fruit Juice, Milk and Water Salisbury Steak and Gravy, Mashed Potatoes, Green Beans, Applesauce Roll, Garden/Fruit Bar, Milk & Water	18 Bagel with cream Cheese Cereal, Fruit, Yogurt, Fruit Juice, Milk Chicken & Noodles, Cali Blend Veggies, Biscuit, Mandarin Oranges, Royal Brownie, Garden/Fruit Bar, Milk & Water	19 French Toast Sticks, Sausage, Cereal, Juice, Fruit, Yogurt, Milk Hot Dog, potato wedges, Frozen Fruit Cup, Baked Chips, Garden and Fruit Bar, Milk and Water
22 Apple Fritter, Cereal, Fruit Juice, Yogurt, Fresh Fruit, Milk and Water Chicken Nuggets, Mashed Potatoes, Green beans, Roll, Garden and Fruit Bar Milk and Water	23 Chicken Waffled Biscuit, Cereal, Yogurt, Fruit, Juice, Fruit, Milk Beef Taco, Orange Slices, Salsa and Corn Chips, Mexicali Corn, Garden and Fruit Bar, Milk and water	24 Sausage Biscuit, Fresh Fruit, Fruit Juice Milk Corn Dog Nuggets, French Fries, Glazed Carrots, Pineapple, Chocolate Chip Cookie, Garden fruit Bar, Milk and Water	25 Egg, Canadian Bacon Cheese on English Muffin, Cereal, Juice, Fruit, Milk Powerhouse Chili, cornbread, Baked Potato Bar, Broccoli, Peaches Garden and Fruit Bar, Milk and Water	26 Blueberry Bread, Yogurt Parfait Cereal, Fruit, Juice, Milk and Water Pepperoni Roll, Cheese Stick, Yogurt Cup, Fruit Cup, Garden and Fruit Bar Milk and Water
29 Toast, Eggs, fruit juice, fruit, cereal, milk and water Cheese Pizza Wedge, Carrot and Celery Sticks, Fruit Cocktail, Garden and Fruit Bar, Milk and Water	30 Purple Cow Fruit Smoothie, Fruit, Juice, Cereal, Milk Teriyaki Chicken Bites, Vegetable Dumplings, Fried Rice, Asian Coleslaw, egg roll, Mandarin oranges, Garden/Fruit Bar, Milk and Water	31 Pancake on a stick, Cereal, Fruit, Juice, Cereal, Milk ****BIRTHDAY LUNCH**** Spaghetti and Meatballs ,Parmesan Broccoli, Cheese and garlic Bread Pineapple, Celebration Cake & Ice Cream, Garden/Fruit Bar, Milk & water		

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Ruthlawn Happenings in January

