

BRAXTON COUNTY SCHOOLS MIDDLE HIGH SCHOOL BREAKFAST
AND LUNCH MENUS : SEPTEMBER, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken Biscuit
<i>All Breakfast includes: Asst. Cereal, Fruit, Juice, Milk</i> <i>All lunches include: Milk Choices and Water</i>	<i>This institution is an equal opportunity provider</i>			Roasted Chicken Sandwich on WW Bun, French Fries, Fresh Fruit (Cook's Choice), and Garden Bar
4	5 Cook's Choice	6 Omelet with Cheese and English Muffins	7 Skillet Fritta w/Egg, Cheese and Turkey Sausage and English Muffin	8 Sausage, Egg and Biscuit
Holiday	Breakfast for Lunch Sausage Patty, Biscuit, Gravy, Hash Browns, Eggs, Sliced Tomatoes, Fresh Fruit, and Garden Bar	BBQ Pork Rib Sandwich on WW Bun, Pinto Beans w/diced onions, Corn, Mandarin Oranges, and Garden Bar	Pepperoni Roll, Mac and Cheese, Steamed Broccoli, Fruit Cocktail, and Garden Bar	Salisbury Steak Mashed Potatoes w/Gravy Orange Glazed Carrots, Peaches, WW Roll, and Garden Bar
11 Cinnamon Pull Apart and Yogurt	12 Egg and Cheese Omelet, Canadian Bacon, English Muffin	13 Mini French Toast	14 Pancake/Sausage on a Stick	15 Sausage Biscuit
Hot Dog/w Chili on WW Bun, Cole Slaw, Pinto Beans w/Diced Onions, Applesauce, and Garden Bar	Pepperoni Pizza, Strawberries and Bananas, Corn, Yogurt, and Garden Bar High School Sub Sloppy Joe on Bun for pizza (HK123)	Oven Fried Chicken (D-29), Scalloped Potatoes, Streamed Broccoli, Watermelon, WW Biscuit, and Garden Bar	Taco Salad, Lettuce, Diced Tomatoes, Cheddar Cheese, Fat Free Sour Crème, Black Bean and Corn Salsa, Spanish Brown Rice (HK237), Mandarin Oranges, and Garden Bar	Meat Loaf Mashed Potatoes w/Gravy, Orange Glazed Carrots, WW Roll, Pears, and Garden Bar
18 Breakfast Pizza	19 Chicken Biscuit	20 Sausage Pancake Bites	21 Mini French Toast	22 Skillet Fritta w/Egg, Cheese and Turkey Sausage and English Muffin
Mandarin Orange Chicken, Savory Rice, Stir Fry Veggies, Mandarin Oranges, Royal Brownie, and Garden Bar	Pulled Pork BBQ on WW Bun, Coleslaw, Corn, Fruit Cocktail, and Garden Bar	Spaghetti w/Meat Sauce Green Beans, WW Breadstick, Peaches, and Garden Bar	Pepperoni Pizza, Strawberries and Bananas, Orange Glazed Carrots, Yogurt, and Garden Bar High School Sub Sloppy Joe on Bun for pizza (HK123)	Hot Ham and Cheese on Bun, Broccoli Salad, Baked Beans, Apple Sauce, and Garden Bar
25 Cinnamon Pull Apart and Yogurt	26 Mini Waffles	27 Sausage Biscuit	28 Pancakes	29 Pancake/Sausage on a Stick
Pepperoni Roll, Mac and Cheese, Baby Carrots w/FF	Lasagna (HK 40), Green Beans, Bread Stick, Applesauce, and Garden Bar	Baked Ham, Apple Glazed Sweet Potatoes, Baked Beans, WW Biscuit, Mandarin Oranges, and	Pizzaburger on WW Roll (USDA F-04), Steamed Broccoli, Fruit Cocktail, and Garden Bar	Chili w/Beans, Toasted Cheese Sandwich, Frozen

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Ranch Dip, Summer Fruit Salad, and Garden Bar		Garden Bar		Strawberries, and Garden Bar
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