

WOOD COUNTY SCHOOLS MIDDLE SCHOOL MENU – OCTOBER 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p style="text-align: center;">Cantaloupe Choice of: Egg Sandwich on Bun(WG) OR Trix Cereal (WG) OR Cinnamon Roll (WG)</p> <p style="text-align: center;">Baked Chicken OR Chef Salad Mashed Potatoes California Vegetables Whole Grain Bread Fresh Apple Slices</p>	<p>2</p> <p style="text-align: center;">Sliced Peaches Apple Flip (WG) Choice of Cereal: Cinn Toast Crunch (WG) Whole Grain Total (WG)</p> <p style="text-align: center;">Ham & Cheese on Bun (WG) OR Chef Salad Cucumber Slices Grape Tomatoes Pineapple Tidbits Strawberry Mango Sidekick</p>	<p>3</p> <p style="text-align: center;">Pineapple Tidbits Strawberry Yogurt Choice of: Bagel Half (WG) OR Cinnamon Roll (WG)</p> <p style="text-align: center;">Hot Dog on WG Bun OR Chef Salad Baked Beans Corn Fresh Pear</p>	<p>4</p> <p style="text-align: center;">Applesauce Cherry Apple Bar (WG) Choice of Cereal: Cinn Toast Crunch (WG) Multigrain Cheerios (WG)</p> <p style="text-align: center;">Spaghetti & Meat Sauce OR Chef Salad Toss Salad Dinner Roll (WG) Mandarin Oranges</p>	<p>5</p> <p style="text-align: center;">Fruit Cocktail Blueberry Cinn Muffin Choice of Cereal: Trix Cereal (WG) Multigrain Cheerios (WG)</p> <p style="text-align: center;">Chicken Sandwich (WG) OR Chef Salad Green Beans Whole Baby Carrots Grapes Chocolate Grahams (WG)</p>
<p>8</p> <p style="text-align: center;">Banana Bagel Half & Sunbutter Choice of Cereal: Cinn Toast Crunch (WG) Trix Cereal (WG)</p> <p style="text-align: center;">Deli Combo Sub OR Stuff Rst Beef Sandwich Whole Baby Carrots Banana Choc Oat Chip Cookie</p>	<p>9</p> <p style="text-align: center;">Sliced Peaches Cinnamon Roll (WG) Choice of Cereal: Multigrain Cheerios (WG) Whole Grain Total (WG)</p> <p style="text-align: center;">Turkey Corn Dog (WG) OR Stuff Rst Beef Sandwich Pinto Beans Toss Salad Fresh Orange Wedges</p>	<p>10</p> <p style="text-align: center;">Mandarin Oranges Choice of: Cinnamon French Toast OR Banana Bread Square</p> <p style="text-align: center;">Cheese Pizza (WG) OR Stuff Rst Beef Sandwich Fresh Broccoli Florets Pears Strawberry Ice Cream</p>	<p>11</p> <p style="text-align: center;">Applesauce Cinnamon Crunch Bar Choice of Cereal: Trix Cereal (WG) Whole Grain Total (WG)</p> <p style="text-align: center;">Salisbury Steak OR Stuff Rst Beef Sandwich Mashed Potatoes California Vegetables Dinner Roll (WG) Peaches</p>	<p>12</p> <p style="text-align: center;">Sliced Peaches Strawberry Yogurt Bagel Half (WG) AND Multigrain Cheerios (WG)</p> <p style="text-align: center;">Turkey on Bun (WG) OR Stuff Rst Beef Sandwich Goldfish Crackers (WG) Red Pepper Strips Applesauce (no sugar)</p>
<p>15</p> <p style="text-align: center;">Sliced Peaches Apple Flip (WG) Choice of Cereal: Multigrain Cheerios (WG) Whole Grain Total (WG)</p> <p style="text-align: center;">Hamburger on Bun (WG) OR Chicken Salad Sand (WG) French Fries California Vegetables Kiwi</p>	<p>16</p> <p style="text-align: center;">Fruit Cocktail Choice of: Scrambled Eggs & Bagel Half (WG) OR Bagel Half & Sunbutter</p> <p style="text-align: center;">Chicken Fajita Wrap (WG) OR Chicken Salad Sand (WG) Carrots & Green Peppers Grapes Chocolate Ice Cream</p>	<p>17</p> <p style="text-align: center;">Pears Apple Flip (WG) Choice of Cereal: Trix Cereal (WG) Multigrain Cheerios (WG)</p> <p style="text-align: center;">Chili OR Chicken Salad Sand (WG) Cucumber Slices Goldfish Crackers (WG) Sliced Peaches Vanilla Grahams (WG)</p>	<p>18</p> <p style="text-align: center;">Pineapple Tidbits Choice of: Egg & Ham Sandwich (WG) OR Bagel Half (WG)</p> <p style="text-align: center;">Pepperoni Pizza (WG) OR Chicken Salad Sand (WG) Green Beans Toss Salad Applesauce</p>	<p>19</p> <p style="text-align: center;">Mandarin Oranges Cherry Apple Bar (WG) Choice of Cereal: Cinn Toast Crunch (WG) Whole Grain Total (WG)</p> <p style="text-align: center;">Hot Ham & Cheese Sandwich OR Chicken Salad Sand (WG) Steamed Broccoli Grape Tomatoes Pears</p>
<p>22</p> <p style="text-align: center;">Pineapple Tidbits Choice of: Cinnamon French Toast OR Cinn Toast Crunch Cereal (WG)</p> <p style="text-align: center;">Chicken Nuggets OR Tex Mex Chicken Salad Savory Carrots Whole Grain Bread Grapes</p>	<p>23</p> <p style="text-align: center;">Fruit Cocktail Cinnamon Roll (WG) Choice of Cereal: Whole Grain Total (WG) Multigrain Cheerios (WG)</p> <p style="text-align: center;">Hamburger on Bun (WG) OR Tex Mex Chicken Salad Baked Beans Fresh Broccoli Florets Pineapple Tidbits</p>	<p>24</p> <p style="text-align: center;">Applesauce Choice of: Cheese Omelet Sandwich OR Bagel Half & Sunbutter</p> <p style="text-align: center;">Roast Turkey OR Tex Mex Chicken Salad Mashed Potatoes Green Peas Dinner Roll (WG) Fresh Orange Wedges</p>	<p>25</p> <p>NO SCHOOL</p>	<p>26</p> <p>NO SCHOOL</p>
<p>29</p> <p style="text-align: center;">Cantaloupe Choice of: Egg Sandwich on Bun(WG) OR Trix Cereal (WG)</p> <p style="text-align: center;">Baked Chicken OR Chef Salad Mashed Potatoes California Vegetables Whole Grain Bread Fresh Apple Slices</p>	<p>30</p> <p style="text-align: center;">Sliced Peaches Apple Flip (WG) Choice of Cereal: Cinn Toast Crunch (WG) Whole Grain Total (WG)</p> <p style="text-align: center;">Ham & Cheese on WG Bun OR Chef Salad Cucumber Slices Pineapple Tidbits Strawberry Mango Sidekick</p>	<p>31</p> <p style="text-align: center;">Pineapple Tidbits Strawberry Yogurt Choice of: Cinnamon Roll OR Bagel Half (WG)</p> <p style="text-align: center;">Hot Dog on WG Bun OR Chef Salad Baked Beans Corn Fresh Pear</p>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p>WOOD COUNTY SCHOOLS IS AN EQUAL OPPORTUNITY PROVIDER</p> </div> <div style="border: 1px solid black; padding: 5px;"> <p>WOOD COUNTY SCHOOLS WILL BE ACCEPTING APPLICATIONS FOR SUBSTITUTE COOKS AT: WOOD COUNTY SCHOOLS ADMINISTRATION BUILDING 1210 13TH ST PARKERSBURG.</p> <p>YOU CAN APPLY ONLY DURING THE WEEK OF OCTOBER 8TH TO 14TH FROM 8:00 AM – 4:30 PM</p> <p>APPLICATIONS WILL NOT BE ACCEPTED AT ANY OTHER TIME. NO PHONE CALLS. TO LEARN MORE ABOUT BECOMING A SUBSTITUTE COOK VISIT CHILD NUTRITION PROGRAM PAGE ON WOOD COUNTY SCHOOLS WEBSITE AT: www.woodcountyschoolsww.net</p> </div>	



STARTING ON OCTOBER 1ST ANY VISITOR TO WOOD COUNTY SCHOOLS ADMINISTRATION BUILDING MUST COME TO MAIN BUILDING FRONT OR BACK DOOR AND PRESS BUZZER TO ENTER. VISITORS MUST STOP AT SWITCHBOARD TO SHOW PHOTO ID IN ORDER TO GET A VISITOR'S BADGE.