



150 Memorial Drive Kingwood, WV 26537

Cafeteria Menu

Week 4

* Healthier Choice
Calories noted in red.

Now Open for Hot Lunch from 11:30am-1:30pm

Lunch 11:30-1:30

December 4, 2017		December 5, 2017		December 6, 2017		December 7, 2017		December 8, 2017	
Monday		Tuesday		Wednesday		Thursday		Friday	
Deep Fried Shrimp/ 6	\$ 3.00	Chargrilled Salisbury Steak/170	\$ 1.50	Pork Stir Fry w/ Broccoli	\$1.70	BBQ Pork Sand./228+bun 120	\$ 1.70	Baked Chicken w/Orange	\$ 2.00
Fries Small/150	\$ 0.50	w/Gravy /214		Chicken Stir Fry Vegetables	\$ 1.70	Low Fat Cream of Broccoli Soup *	\$ 0.85	Marmalade Sauce	
Large/300	\$ 1.00			Pasta	\$ 0.70	Coleslaw/40	\$ 0.70	w/Brown Rice */109	\$ 0.65
Onion Rings (5)/ 250	\$ 1.00	Loaded Mashed Potatoes	\$ 0.90	Fried Rice	\$ 0.70	Bacon Cheeseburger/550	\$ 1.95	Mixed Vegetables */59	\$ 0.65
Ham Salad Stuffed tom./221	\$ 2.00	Brussel Sprouts /½ cup -19	\$ 0.65	Egg Roll	\$ 1.00	BLT Sandwich/3 Bacon/350	\$ 1.40	Vegetable Pizza/334	\$ 1.50
Ham Salad Sandwich	\$ 1.25	Cook's Feature Soup *	\$ 0.85	1 serving of Pork, Chicken,	\$ 4.50	BLT Pizza			
White/328 Wheat/293		Sandwich *	\$ 1.25	Stir Fry, Rice and Eggroll					
Ham Salad Croissant/368	\$ 1.75								

Dinner 5:15-6:00

Monday		Tuesday		Wednesday		Thursday		Friday	
Chicken Strips/200	\$ 0.60	Roast Beef/303	\$ 1.80	Turkey Dressing Casserole	\$ 1.60	Stuffed Shells w/ Sauce		Chargrilled Chicken Salad	
Broccoli Poppers/150	\$ 0.50	Whipped Potatoes */85	\$ 0.70	½ cup/243		3 w/Sauce/590	\$ 1.40	Small/511 egg, cheese	\$ 2.35
Curly Fries/ Sm 315 Lg 630	\$ 1.00	Peas & Carrots */38	\$ 0.65	1 cup /486		California Blend/83	\$ 0.65	Large/1023 egg, cheese	\$ 3.60
Basket (2 strips, 2 poppers and large fries)/1330	\$ 2.50	Hot Roast Beef Sandwich	\$ 2.00	Whipped Potatoes */85	\$ 0.70	Garlic Cheese Bread Sticks/201	\$ 0.40	Large salad/ no egg,cheese	\$ 3.25
		White /443 Wheat /413		Mixed Vegetables */59	\$ 0.65	3 w/Sauce/603+ 70	\$ 1.30	Large/ 337	
		w/Potatoes/+85-gravy+25	\$ 2.30					fries +315	
								Tomato Soup/90	\$ 0.85
								Grilled Cheese Sandwich	\$ 1.00
								Wheat/250 White/280	