



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

June 19, 2017		June 20, 2017		June 21, 2017		June 22, 2017		June 23, 2017	
Monday		Tuesday		Wednesday		Thursday		Friday	
Deep Fried Shrimp/ 6	\$ 2.25	Chargrilled Salisbury Steak/ 170	\$ 1.50	Shrimp Stir Fry w/ Broccoli	\$2.00	BBQ Pork Sand./ 228+bun 120	\$ 1.70	Bourbon Chicken */240	\$ 1.75
Fries Small/ 150	\$ 0.50	w/Gravy /214		Chicken Stir Fry Veggies	\$ 1.70	Low Fat Cream of Broccoli Soup *	\$ 0.85	w/Brown Rice */109	\$ 2.00
Large/ 300	\$ 1.00			Pasta	\$ 0.70	Coleslaw/ 40	\$ 0.70	Mixed Vegetables */59	\$ 0.65
Onion Rings/ 5	\$ 0.75	Steak Fries/ 365	\$ 0.90	Fried Rice	\$ 0.70	Bacon Cheeseburger/ 550	\$ 1.95		
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						
White/ 328 Wheat/ 293	\$ 1.60	Sandwich *	\$ 1.25						
Ham Salad Croissant/ 368	\$ 1.60								

Dinner 5:15-6:00

Monday		Tuesday		Wednesday		Thursday		Friday	
Chicken Strips/ 200	\$ 0.60	Roast Beef/ 303	\$ 1.70	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	\$ 0.90	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	\$ 1.90	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	