

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

150 Memorial Drive Kingwood, WV 26537

Cafeteria Menu

Week 8

* Denotes Healthier Choice Calories noted in red.

Lunch 11:30-1:30

October 9, 2017		October 10, 2017		October 11, 2017		October 12, 2017		October 13, 2017	
Monday		Tuesday		Wednesday		Thursday		Friday	
Baked Chicken*/286	\$1.70	Spaghetti/½ cup 110	\$1.25	Stuffed Cabbage Rolls	\$ 1.75	Chargrilled Chicken Salad		Batter Dipped Fish/210	\$1.60
Whipped Potatoes */85	\$0.70	Lasagna/166	\$1.75	Duchess Potatoes/ ½ cup 144	\$ 0.70	Small/511 w/fries,egg che	\$2.35	Garden Rice-½ cup/100	\$0.70
Mixed Vegetables */59	\$0.60	2 Shells	\$1.15	PEI Vegetables*/½ cup-25	\$ 0.60	Large/1023 w/ fries, egg, che	\$3.60	Peas & Onions */81	\$0.60
		1 serving of each w/ sauce	\$3.25			salad- without fries, cheese		Potato Soup LF-12oz/255	\$0.85
Soft Taco Bar	\$2.50	Bread Sticks/ 140 ea	\$0.40			or egg */337 large	\$3.25	Peanut Butter Sandwich	\$0.80
		w/Sauce (3)-½ cup/70	\$1.30			Mushroom Swiss Burger/438	\$1.85	White/260 Wheat/230	
		Broccoli Soup-low fat, low sodium*/1	\$0.85						

Dinner 5:15-6:00

Monday		Tuesday		Wednesday		Thursday		Friday	
Vegetable Soup */75	\$0.85	Open Faced Turkey Sandwich	\$1.90	Chef Salad		Beef Tomato Macaroni		Tomato Soup *90	\$0.85
BLT Sandwich	\$1.50	White/228		Small/307	\$ 2.00	Small-½ cup/128	\$0.70	Grilled Cheese Sandwich	\$1.00
White/3 slices bacon /350		Wheat/208		Large/403	\$ 2.50	Large-1 cup/256	\$1.40	White/280	
Wheat/3 slices bacon/320		Whipped Potatoes */85	\$0.70	Mushroom Swiss Burger/438	\$ 1.85	Winter Blend *1 cup/30	\$0.60	Wheat/250	
		Carrots */35	\$0.60			Garlic Bread/230	\$0.40		