

**Watervliet Elementary School**  
**SEPTEMBER 2010**  
**Breakfast Menu**

Student Breakfast is available daily, and includes:

choice of milk, 1%, low fat chocolate & low fat strawberry  
choice of fresh fruit **or** juice  
choice of sunflower seeds - honey or salted  
choice of bread item - cereal, mini-muffins, graham cracker, multi-grain pop  
tart or bagel  
(muffins, graham cracker, & bagel count as 2 items)  
children are allowed **4** items from **different food groups**, but must take **3**.

**Price: 1.25**

**Reduced: .25**

**Lunch Menu**

9/8 chicken patty on a bun

9/9 soft taco

9/10 turkey club wrap

9/20 chicken nuggets

9/21 steakum on a roll

9/22 chicken quesadilla

9/23 italian mix sub

9/24 pepperoni pizza

9/13 hamburger on a bun

9/14 american mix sub

9/15 sloppy joe on a bun

9/16 loaded nachos

9/17 cheese pizza

9/27 hot dog on a roll

9/28 toasted cheese

9/29 ½ day (bagged lunch)

9/30 french toast sticks w/ sausage

**The Deli Bar is open each day with choice of Sandwich in place of the Special of the Day.**

Students are entitled to **5** items (**from different food groups**) but **must** take at least **3** to qualify for the \$1.75 lunch price

Choice of milk

Milk 1% , low fat chocolate or strawberry

hot vegetables or canned fruit

cold vegetable dips

chef salad, chicken Caesar salad

bread

fruit juice

fresh fruit

peanut butter & jelly sandwich

cottage cheese w/ fresh fruit

**Ex.** chicken patty on bun, milk, hot vegetables, fresh fruit.

Deli sandwich, milk, fruit juice, cold vegetables.

**Price: \$1.75**

**Reduced: .25**

**Meals may be prepaid for the week or month in the cafeteria between the hours of 8:a.m. & 1:30 p.m.**

**Checks are to be made payable to the Watervliet School Cafeteria**