

Watervliet Junior/Senior High 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

9/13 hamburger on a bun

9/14 buffalo chicken wrap

9/15 sloppy joe on a bun

9/16 loaded nachos

9/17 cheese pizza

9/20 chicken nuggets

9/21 steakum on a roll

9/22 chicken quesadilla

9/23 toasted cheese

9/24 pepperoni pizza

9/27 hot dog on a roll

9/28 chicken burrito

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

