

Watervliet Elementary School
FEBRUARY 2012
Breakfast Menu

Student Breakfast is available daily, and includes:

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

Price: 1.25
Reduced: .25

Lunch Menu

2/1	pancakes w/ turkey sausage	2/6	chicken nuggets
2/2	lasagna	2/7	macaroni & cheese
2/3	cheese pizza	2/8	sloppy joe on a bun
		2/9	loaded nachos
		2/10	pepperoni pizza
2/13	hamburger on a bun	2/20	NO SCHOOL
2/14	chicken fajita	2/21	NO SCHOOL
2/15	italian mix sub	2/22	NO SCHOOL
2/16	tacos	2/23	NO SCHOOL
2/17	turkey club wrap	2/24	NO SCHOOL
2/27	chicken patty on a bun	2/28	toasted cheese
2/29	chicken quesadilla		

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 \$2.00 lunch price

Choice of milk, skim milk, 1% , low fat chocolate 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: \$2.00
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