

Watervliet Junior/Senior High 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, muffins, wheat bagel
choice of sandwich – egg & sausage or bacon & egg on a wheat english
muffin
(muffins, & bagel count as 2 items)

children are allowed **4** items from **different food groups**, but must take **3**.

Price: 1.50

Reduced: .25

Lunch Menu

2/1	french toast sticks 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 teriyaki sandwich	2/21	NO SCHOOL
2/15	turkey club wrap	2/22	NO SCHOOL
2/16	tacos	2/23	NO SCHOOL
2/17	cheese pizza	2/24	NO SCHOOL
2/27	chicken patty on a bun	2/28	toasted cheese
2/29	buffalo chicken wrap		

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

