

Watervliet Junior/Senior High School

JANUARY 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

1/3	chicken nuggets	1/9	hamburger on a bun
1/4	toasted cheese	1/10	bbq chicken sandwich
1/5	sloppy joe on a roll	1/11	French toast sticks w/ turkey sausage
1/6	cheese pizza	1/12	spaghetti w/ meat sauce
		1/13	turkey club wrap
1/16	NO SCHOOL	1/23	chicken patty on a bun
1/17	loaded nachos	1/24	steakum on a roll
1/18	buffalo chicken wrap	1/25	chicken quesadilla
1/19	goulash	1/26	tacos
1/20	pepperoni pizza	1/27	pepperoni pizza
1/30	hot dog on a bun	1/31	chicken parm sandwich

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