

SEPTEMBER 2019

Watervliet Elementary School

Breakfast 8:30 – 9:00

Lunch

 Student
Adults

FREE

FREE

MENU SUBJECT TO CHANGE

Monday
Tuesday
Wednesday
Thursday
Friday
2

Offered Daily
Asst. Sandwiches
Asst. Salads
Asst. Fresh Fruit
Asst. 100% Fruit Juice
Daily Plates of Veg. Crunchers

3

Cheeseburger
V: Veggie Burger
Corn
Mix Fruit
French Fries
Asst. Milk

4

Turkey Club Wrap
V: Three Cheese Wrap
Carrot Sticks w/ Dip
Applesauce
Asst. Milk

5

French Bread Cheese Pizza
Caesar Salad
Mixed Fresh Fruit
Asst. Milk

6

Chicken Tenders
w/ Fried Rice
V: Fish Nuggets
Corn
Mixed Fruit
Asst. Milk

9

Toasted Cheese
Tomato Soup w/Carrot Sticks
Strawberries
Asst. Milk
Smiley Face Fries

10

Chicken Quesadilla
V: Cheese Quesadilla
Broccoli
Applesauce
Asst. Milk

11

Loaded Nachos
V: Cheese Nachos
Black Bean Salsa
Pears
Asst. Milk

12

Fish on a Roll
Green Beans
Fresh Honeydew
Asst. Milk
Potato Rounds

13

Hot Dog on a Roll
V: Fish Nuggets
Baked Beans
Pears
Asst. Milk
French Fries

16

Sloppy Joe on a Roll
V: Fish on a Roll
Corn
Peaches
Asst. Milk
Hash Brown

17

Jerk Chicken
w/Rice & Beans
V: Baked Fish
Broccoli
Applesauce
Asst. Milk

18

Italian Mix Sub
V: 3 Cheese Sub
Carrot Stick w/ Dip
Mix Fruit
Asst. Milk

19

French Bread Pepperoni Pizza
V: French Bread Cheese Pizza
Toss Salad
Mixed Fresh Fruit
Asst. Milk

20

Chicken Patty on a Roll
V: Fish on a Roll
Corn
Peaches
Asst. Milk
Smiley Face Fries

23

Steak Umm on a Roll
V: Baked Fish
Baked Beans
Mixed Fruit
Asst. Milk
Potato Rounds

24

Ham & Cheese Croissant
V: Cheese Croissant
Tomato Soup w/Carrot Sticks
Strawberries
Asst. Milk
French Fries

25

Meat Lasagna
V: Vegetable Lasagna
Green Beans
Applesauce
Asst. Milk

26

Mozzarella Cheese Sticks
w/ Sauce,
Baked Cookie
Caesar Salad
Fresh Cantaloupe
Asst. Milk

27

**NO
SCHOOL**

30
Offered Daily for Breakfast
Grain:

Asst. Cereal
Breakfast Bar
Muffin
Bagel

Protein:

Cream Cheese
Peanut Butter
Yogurt

Each grade gets a hot breakfast once a week

Fruit:

Fresh Fruit
100% Fruit Juice

Milk:

Fat Free Chocolate Milk
1% Milk
Skim Milk