



# SEPTEMBER 2019

## Watervliet JR/SR High School

Breakfast 7:30 – 8:00

Lunch

Student  
Adults

FREE  
\$2.50

FREE  
\$4.20

MENU SUBJECT TO CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday					
	<p><b>2</b></p> <p><u>Offered Daily</u> Asst. Sandwiches Asst. Salads Asst. Fresh Fruit Asst. 100% Fruit Juice Daily Plates of Veg. Crunchers</p>	<p><b>3</b></p> <p>Cheeseburger <b>V: Veggie Burger</b> Corn Mix Fruit French Fries Asst. Milk</p>	<p><b>4</b></p> <p>Turkey Club Wrap <b>V: Three Cheese Wrap</b> Carrot Sticks w/ Dip Applesauce Asst. Milk</p>	<p><b>5</b></p> <p>Cheese Pizza Caesar Salad Mixed Fresh Fruit Asst. Milk</p>					
<p><b>9</b></p> <p>Chicken Tenders w/ Fried Rice <b>V: Fish Nuggets</b> Corn Mixed Fruit Asst. Milk</p>	<p><b>10</b></p> <p>Toasted Cheese Tomato Soup w/Carrot Sticks Strawberries Asst. Milk Smiley Face Fries</p>	<p><b>11</b></p> <p>Chicken Quesadilla <b>V: Cheese Quesadilla</b> Broccoli Applesauce Asst. Milk</p>	<p><b>12</b></p> <p>Loaded Nachos <b>V: Cheese Nachos</b> Black Bean Salsa Pears Asst. Milk</p>	<p><b>13</b></p> <p>Fish on a Roll Green Beans Fresh Honeydew Asst. Milk Potato Rounds</p>					
<p><b>16</b></p> <p>Hot Dog on a Roll <b>V: Fish Nuggets</b> Baked Beans Pears Asst. Milk French Fries</p>	<p><b>17</b></p> <p>Sloppy Joe on a Roll <b>V: Fish on a Roll</b> Corn Peaches Asst. Milk Hash Brown</p>	<p><b>18</b></p> <p>Jerk Chicken w/Rice &amp; Beans <b>V: Baked Fish</b> Broccoli Applesauce Asst. Milk</p>	<p><b>19</b></p> <p>Italian Mix Sub <b>V: 3 Cheese Sub</b> Carrot Stick w/ Dip Mix Fruit Asst. Milk</p>	<p><b>20</b></p> <p>Pepperoni Pizza <b>V: French Bread Cheese Pizza</b> Toss Salad Mixed Fresh Fruit Asst. Milk</p>					
<p><b>23</b></p> <p>Chicken Patty on a Roll <b>V: Fish on a Roll</b> Corn Peaches Asst. Milk Smiley Face Fries</p>	<p><b>24</b></p> <p>Steak Umm on a Roll <b>V: Baked Fish</b> Baked Beans Mixed Fruit Asst. Milk Potato Rounds</p>	<p><b>25</b></p> <p>Ham &amp; Cheese Croissant <b>V: Cheese Croissant</b> Tomato Soup w/Carrot Sticks Strawberries Asst. Milk French Fries</p>	<p><b>26</b></p> <p>Meat Lasagna <b>V: Vegetable Lasagna</b> Green Beans Applesauce Asst. Milk</p>	<p><b>27</b></p> <p>Mozzarella Cheese Sticks w/ Sauce, Baked Cookie Caesar Salad Fresh Cantaloupe Asst. Milk</p>					
<p><b>30</b></p> <p><b>NO SCHOOL</b></p>	<p><u>Offered Daily for Breakfast:</u></p> <table border="0"> <tr> <td><u>Grain:</u> Asst. Cereal Breakfast Bar Bagel</td> <td><u>Protein:</u> Cream Cheese Peanut Butter</td> <td><u>Fruit:</u> Fresh Fruit 100% Fruit Juice</td> <td><u>Milk:</u> Fat Free Chocolate Milk 1% Milk</td> <td><u>Sandwiches:</u> Bacon, Egg &amp; Chees Sausage, Egg &amp; Cheese Egg &amp; Cheese</td> </tr> </table>				<u>Grain:</u> Asst. Cereal Breakfast Bar Bagel	<u>Protein:</u> Cream Cheese Peanut Butter	<u>Fruit:</u> Fresh Fruit 100% Fruit Juice	<u>Milk:</u> Fat Free Chocolate Milk 1% Milk	<u>Sandwiches:</u> Bacon, Egg & Chees Sausage, Egg & Cheese Egg & Cheese
<u>Grain:</u> Asst. Cereal Breakfast Bar Bagel	<u>Protein:</u> Cream Cheese Peanut Butter	<u>Fruit:</u> Fresh Fruit 100% Fruit Juice	<u>Milk:</u> Fat Free Chocolate Milk 1% Milk	<u>Sandwiches:</u> Bacon, Egg & Chees Sausage, Egg & Cheese Egg & Cheese					