



BREAKFAST

MARCH 2022

Watervliet JSHS Breakfast Menu



Monday

Tuesday

Wednesday

Thursday

Friday

Cinnamon Buns 1

Assorted Fruits
NYS Milk

Egg & Cheese 2

on a Croissant
Assorted Fruits
NYS Milk

French Toast Sticks 3

Assorted Fruits
NYS Milk

Assorted Yogurts 4

Assorted Fruits
NYS Milk

Cereal Bars 7

Assorted Fruits
NYS Milk

Breakfast Pizza 8

Assorted Fruits
NYS Milk

Sausage, Egg & Cheese 9

Sandwich
Assorted Fruits
NYS Milk

*Turkey Sausage used

Pancakes 10

Assorted Fruits
NYS Milk

Superintendent's 11

Conference Day
No School

Assorted Danish 14

Assorted Fruits
NYS Milk

Cinnamon Buns 15

Assorted Fruits
NYS Milk

Bacon Egg & Cheese 16

on a Bagel
Assorted Fruits
NYS Milk

*Pork bacon used

Breakfast Pizza 17

Assorted Fruits
NYS Milk

Assorted Yogurts 18

Assorted Fruits
NYS Milk

Cereal Bars 21

Assorted Fruits
NYS Milk

Breakfast Pizza 22

Assorted Fruits
NYS Milk

Egg & Cheese 23

on a Croissant
Assorted Fruits
NYS Milk

French Toast Sticks 24

Assorted Fruits
NYS Milk

Assorted Yogurts 25

Assorted Fruits
NYS Milk

Donuts 28

Assorted Fruits
NYS Milk

Cinnamon Buns 29

Assorted Fruits
NYS Milk

Sausage, Egg & Cheese 30

Sandwich
Assorted Fruits
NYS Milk

*Turkey Sausage used

Pancakes 31

Assorted Fruits
NYS Milk



* Menu is subject to change, notice posted when available. The institution is an equal opportunity provider.

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Breakfast Choices & Alternate Lunch Options

Alternate Breakfast Choices:

Bagel with Cream Cheese
Assorted Yogurts
Assorted Cereal
Whole Grain Muffin
Fruit: 100% Fruit Juice or Fruit of the Day
Choice of Milk

Alternate Lunch Options:

Chicken Caesar Salad

(Romaine, Parmesan, Croutons, WG Crackers, Chicken & Dressing)

Tossed Salad

(Lettuce, Tomatoes, Cucumber, Carrot, Purple Cabbage, Croutons, WG Crackers Cheddar Cheese & Dressing)

Chef Salad

(Turkey, Hardboiled Egg, Lettuce, Tomatoes, Cucumber, Carrot, Purple Cabbage, Croutons, WG Crackers Cheddar Cheese & Dressing)

Turkey Sandwich

(WG Bread, Oven Roasted Chicken, American Cheese, Lettuce, Tomatoes, Mayo & Mustard)

Sunbutter & Grape Jelly

(WG Bread)

Yogurt Parfait

(Vanilla Yogurt, Granola & Fruit)

Chicken Salad Platter

(Homemade Chicken Salad, Cucumbers, Grapes, WG Crackers & Cheese)



Our food service department wants to prevent food waste! If there are any items in your school lunch that are prepackaged, remember to pack them up and save them for later. Cheese sticks, apples, Craisins, or fruit cups would be great for an afternoon snack!

March Menu Highlights:

UPDATE: The USDA extended FREE meals to all students until June 2022. **It remains important that families who believe they may qualify for the Free and Reduced Price Meal program submit an application. We want to be sure that all eligible families are enrolled in this program**



We are striving to support our New York State food producers. Items highlighted in green are NYS food products.

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