

Watervliet Elementary School
OCTOBER 2009
Breakfast Menu

Student Breakfast is available daily, and includes:

choice of milk, 2%, 1% chocolate & 1% strawberry
choice of fresh fruit **or** juice
choice of sunflower seeds - honey or salted
choice of bread item - cereal, mini-muffins, graham cracker, multi-grain pop
tart or bagel
(muffins, graham cracker, & bagel count as 2 items)
children are allowed **4** items from **different food groups**, but must take **3**.

Price: 1.25

Reduced: .25

Lunch Menu

10/1 french toast sticks w/ sausage	10/5 chicken patty on bun
10/2 pepperoni bagel pizza	10/6 sloppy joe on bun
	10/7 chicken fajita
	10/8 meatloaf w/ baked potato
	10/9 turkey club wrap
10/12 NO SCHOOL	10/19 hamburger on bun
10/13 chicken nuggets	10/20 bbq chicken
10/14 toasted cheese	10/21 HALF DAY (bag lunch)
10/15 soft twin taco	10/22 lasagna
10/16 cheese pizza	10/23 pepperoni pizza
10/26 steakum on roll	10/29 chicken quesadilla
10/27 chicken parm sandwich	10/30 pepperoni pizza
10/28 macaroni & cheese	

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 \$1.75 lunch price

Choice of milk	bread
2%, 1% chocolate or strawberry	fruit juice
hot vegetables or canned fruit	fresh fruit
cold vegetable dips	peanut butter & jelly sandwich
chef salad, chicken Caesar salad	cottage cheese w/ fresh fruit

Ex. chicken patty on bun, milk, hot vegetables, fresh fruit.
Deli sandwich, milk, fruit juice, cold vegetables.

Price: \$1.75

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

