

Watervliet Junior/Senior High 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

10/2 pepperoni bagel pizza

10/5 chicken patty on bun

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

10/13 chicken nuggets

10/14 toasted cheese

10/15 soft twin taco

10/16 tail gate party

10/19 hamburger on bun

10/20 bbq chicken

10/21 HALF DAY (no lunch)

10/22 lasagna

10/23 pepperoni pizza

10/26 steakum on roll

10/27 chicken parm sandwich

10/28 macaroni & cheese

10/29 buffalo chicken wrap

10/30 pepperoni pizza

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

2%, 1% chocolate or strawberry

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: \$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

