

Watervliet Junior/Senior High School

NOVEMBER 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

11/2 chicken patty on bun

11/3 NO SCHOOL

11/4 soft twin taco

11/5 french toast sticks w/ sausage

11/6 cheese pizza

11/16 chicken nuggets

11/17 sloppy joe on bun

11/18 macaroni & cheese

11/19 loaded nachos

11/20 cheese pizza

11/30 toasted cheese

11/9 hot dog on roll

11/10 chicken quesadilla

11/11 NO SCHOOL

11/12 spaghetti w/ meatsauce

11/13 pepperoni pizza

11/23 hamburger on bun

11/24 turkey dinner

11/25 NO SCHOOL

11/26 NO SCHOOL

11/27 NO SCHOOL

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

