

Watervliet Elementary 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	11/9	hot dog on roll
11/3	NO SCHOOL	11/10	chicken quesadilla
11/4	soft twin taco	11/11	NO SCHOOL
11/5	french toast sticks w/ sausage	11/12	spaghetti w/ meatsauce
11/6	cheese pizza	11/13	pepperoni pizza
11/16	chicken nuggets	11/23	hamburger on bun
11/17	sloppy joe on bun	11/24	turkey dinner
11/18	macaroni & cheese	11/25	NO SCHOOL
11/19	chicken fajita	11/26	NO SCHOOL
11/20	cheese pizza	11/27	NO SCHOOL
11/30	toasted 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