

Watervliet Elementary School
DECEMBER 2009
Breakfast Menu

Student Breakfast is available daily, and includes:

choice of milk, 1%, low fat chocolate & low fat 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

12/1	soft twin taco	12/7	chicken patty on bun
12/2	chicken quesadilla	12/8	sloppy joe on bun
12/3	french toast sticks w/ sausage	12/9	italian mix sub
12/4	pepperoni pizza	12/10	chicken fajita
		12/11	cheese pizza
12/14	hamburger on bun	12/21	chicken nuggets
12/15	toasted cheese	12/22	spaghetti w/ meatsauce
12/16	chicken parm sandwich	12/23	hot dog on bun
12/17	turkey club wrap	12/24	NO SCHOOL
12/18	pepperoni pizza	12/25	NO SCHOOL
12/28	NO SCHOOL	12/30	NO SCHOOL
12/29	NO SCHOOL	12/31	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	bread
Milk 1% , low fat 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