



**JANUARY
2017
LUNCH MENU
WATERFORD PUBLIC SCHOOLS**




CLMS/WHS

Lunch (daily) \$3.00 (includes milk)

Pre-pay using mypaymentsplus (or in school)
and get a \$2.00 credit for every \$50.00
credited to your student's account!
visit www.mypaymentsplus.com

Alternate meal: sandwich on wheat bread, fresh fruit or fruit cup, veggie sticks, milk offered daily.

Alternate meal: yogurt or salad, wheat bread, fresh fruit or fruit cup, veggie sticks, milk offered daily.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 	3 Cheeseburger w/ roll Oven fries Steamed green beans Mixed fruit cup Milk	4 Pasta w/ meatsauce Garlic bread Steamed broccoli Diced peach cup Milk	5 Chicken nuggets Mashed potatoes Carrots Wheat bread Blueberry crisp Milk	6 Pizza Romaine salad w/ dressing Melon slices Milk
9 Baked potatoes w/ cheese, broccoli Warm breadstick Fresh banana Milk	10 Nachos w/ meat, cheese Seasoned rice Steamed corn Applesauce cup Milk	11 Baked ziti Garlic bread Seasoned green beans Chilled fruit mix Milk	12 Cup of tomato soup w/ crackers Ham & cheese / hard roll Cucumber sticks Diced pear cup Milk	13 Pizza Romaine salad w/ dressing Fresh orange Milk
16 	17 French toast sticks Sausage links 100% apple juice Potato puffs Pineapple cup Milk	18 Pasta w/ meatsauce Garlic bread Seasoned green beans Chilled mixed fruit Milk	19 Hot dog w/ roll Baked beans Cucumber sticks Strawberry shortcake Milk CLMS ONLY - WHS EXAMS	20 Pizza Romaine salad w/ dressing Diced peaches Milk CLMS ONLY - WHS EXAMS
23 Chicken patty w/ roll Oven fries Steamed peas Diced peaches Milk CLMS ONLY - WHS EXAMS	24 Tacos w/ meat, cheese, lettuce, tomato Spanish rice Steamed corn Mixed fruit cup Milk CLMS ONLY - WHS EXAMS	25 Italian dippers w/ marinara sauce and meatballs Garden salad 100% juice Applesauce cup Milk	26 Baked mac & cheese Sliced ham & pineapple Wheat bread Steamed broccoli Diced pear cup Milk	27 Pizza Romaine salad w/ dressing Fresh pear Milk
30 Pancakes Sausage links Potato puffs Melon slices Milk	31 Cheeseburger w/ roll Baked beans Veggie sticks w/ dip Chilled peach cup Milk			

Milk: 1% lowfat or skim

Also available daily: choice of sandwich or salad plate

Menus are subject to change

Bottled water available at an extra charge of \$1.00

Each meal includes choice of:

Vegetables: veggie of the day or fresh veggie cup

Fruit: fresh, canned in lite syrup or 100% fruit juice