



# MARCH 2024

## WATERFORD SCHOOLS K-12

### LUNCH PRICES

Elementary \$3.25

CLMS \$3.50

WHS \$3.75

\*Second Meal=\$4.25 - Adult Meal \$5.00

Please visit [www.myschoolbucks.com](http://www.myschoolbucks.com) to add funds to your child's account.

### Monday



For the 23-24 school year, students qualified for **Reduced status** will receive one lunch at no cost per day

### Tuesday



### Wednesday



### Thursday



### Friday

Hotdog on a WG Roll **4**  
Oven baked fries  
Steamed Golden Corn  
Baked beans  
Apple Milk

Beef & Cheese Nacho Boat **5**  
Lettuce & tomato  
Fiesta beans Salsa  
Mini corn muffin  
Pineapple chunks Milk

Penne' Pasta *with* meat sauce **6**  
Garlic knot  
Steamed Broccoli  
Diced Peaches Milk

PT Conferences/ Early Dismissal **7**  
Cheese Quesadilla  
Seasoned sidewinder fries  
Golden steamed Corn Milk  
100% Fruit juice Sidekick

Pizza square **1**  
Garden salad  
Baby carrots/ranch  
100% Apple juice  
Milk

Cheeseburger **11**  
Sandwich salad cup  
Baked beans  
Oven fries  
Orange smiles Milk

"Brunch for Lunch" **12**  
French toast sticks  
Potato puffs Sausage links  
Maple syrup Craisins  
Mango juice Milk

Chicken Alfredo **13**  
On rotini pasta  
Broccoli  
Garlic bread  
Diced Peaches Milk

Soft Beef & Cheese Tacos **14**  
Fiesta beans Brown rice  
Lettuce & tomato salsa  
Diced Pears Milk

Mozzarella sticks **15**  
Marinara sauce cup  
Green beans  
Warm Bread stick  
Red seedless Grapes Milk

Shamrock Mc Nuggets **18**  
O'Smiley fries  
Green Broccoli  
Pot o' Gold fish  
Green Apples Milk

"Yangs" Orange Chicken **19**  
Brown rice  
Steamed sliced carrots  
Orange SMILES  
Milk

Macaroni & Cheese **20**  
Steamed peas  
Garden salad/ Italian Dressing  
Warm Dinner roll  
Diced Peaches Milk

Chicken tenders & **21**  
Waffle sticks syrup cup  
Sweet potato fries  
Cucumber wheels  
Applesauce Milk

Pizza Bites **22**  
Marinara sauce Cup  
Garden Salad/ Ranch Dressing  
Apple juice Milk  
WG Cookie

*Meatless Monday!* **25**  
Grilled Cheese Sandwich  
Potato puffs  
Baby carrots /ranch Milk  
100% frozen fruit juice Sidekick

Chicken drummies **26**  
Mashed potatoes  
Steamed Broccoli  
Warm dinner roll  
Applesauce Milk

Penne' Pasta **27**  
*With* Meatballs & Sauce  
Bread stick Green beans  
Diced Peaches Milk

Turkey & Cheese Grinder **28**  
Cucumber wheels  
Baby Carrots Ranch cup  
WG Doritos Apple Milk

**School Holiday** **29**  
**No School**  
Wellness Tip: *Start your day with a healthy breakfast!*

All grain-based items offered are whole-grain rich which means that at least 51% of the grains in the item are *whole grain* (WG), all other grains are enriched

**A VARIETY OF FRESH FRUITS & VEGETABLES OFFERED DAILY** "Thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of foodborne illness"

**Alternate Choice Yogurt Meal AVAILABLE Daily** or Alternate Salad meal offered when available (See kitchen manager)

Yogurt Meal =Yogurt, Mozzarella string cheese, baby carrots, craisins, goldfish crackers, dinner roll, milk

Salad Meal=Garden salad with egg, cheese stick garlic knot, fruit choice, milk

**Allergy Warning: Menu items may contain or come in contact with wheat, eggs, soy, nuts, and/or milk**

**\*Menus are subject to change**

**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER**



LUNCH



BREAKFAST

# MARCH 2024

## WATERFORD SCHOOLS PRE-K BREAKFAST AND LUNCH

**\* 1 daily Breakfast at "no cost"**  
for all students this school year!  
LUNCH \$3.25 MILK ONLY \$.75  
Milk choices: 1% White or skim

Monday

Tuesday

Wednesday

Thursday

Friday

National "Surfs Up"  
School Breakfast Week  
March 4th-8th



Please visit [www.myschoolbucks.com](http://www.myschoolbucks.com) to check balance and/or add funds to your child's account.

For the 23-24 school year, students qualified for **Reduced status** will receive breakfast and lunch at no cost

Early Riser Egg & Hash Brown Patty  
100% fruit juice Milk

WG Muffin  
Applesauce Cup Milk

5

Egg & Cheese breakfast Sandwich  
100% fruit juice Milk

6

Confetti pancakes  
100% fruit juice Milk

7

Warm Banana Bread  
Fresh banana Milk

8

Cheeseburger  
Oven fries  
Orange smiles Milk

Beef & Cheese Nacho Boat  
Mini corn muffin  
Fiesta beans Milk

Pasta with meat sauce  
Steamed Broccoli  
Diced peaches Milk

PT Conferences Early Dismissal  
Chicken nuggets  
Mashed potatoes  
Applesauce Milk

Cheese Quesadilla  
Golden steamed Corn  
Milk

Mini Eggo Waffles  
100% fruit juice Milk

11

WG Cereal Banana Milk

12

Yogurt/ goldfish grahams  
Berry Cup Milk

13

Confetti pancakes  
100% fruit juice Milk

14

WG Muffin Banana Milk

15

Cheese Quesadilla  
Golden steamed Corn  
Milk

French Toast sticks  
Potato puffs Sausage links  
Milk

Chicken Alfredo pasta  
Broccoli  
Diced peaches Milk

Soft Beef & cheese Tacos  
Brown rice  
Diced pears Milk

Pizza square  
Green beans  
Applesauce milk

Breakfast pizza  
100% fruit juice Milk

18

WG Cereal  
Applesauce Cup Milk

19

Mini French toast  
100% fruit juice Milk

20

Early Riser Egg & Hash brown patty  
Banana Milk

21

Mini Eggo waffles  
100% fruit juice Milk

22

Shamrock Mc Nuggets  
O'Smileys fries  
Green Broccoli Milk

"Yangs" Orange Chicken  
Brown rice  
Orange smiles Milk

Macaroni & Cheese  
Garden salad  
Diced peaches Milk

Chicken tenders  
Cucumber wheels  
Applesauce Milk

Pizza Bites/sauce Cup  
Garden Salad/ Ranch Dressing  
Milk

Warm Banana Bread  
100% fruit juice Milk

25

WG Cereal Banana Milk

26

Mini Eggo Waffles  
Berry Cup Milk

27

Breakfast pizza  
100% fruit juice Milk

28

Grilled Cheese Sandwich  
Potato puffs Diced peaches  
Milk

Chicken "drummies"  
Mashed potatoes  
Applesauce Milk

Penne' Pasta & sauce  
Green beans  
Diced peaches Milk

Sun butter & jelly Sandwich  
Cucumber smiles  
Orange slices Milk

School Holiday  
No School

29

BREAKFAST Includes: 1/2 cup of fruit or 4 oz. 100% fruit juice and choice of Milk All grain-based items offered are whole-grain rich which means that at least 51% of the grains in the item are *whole grain (WG)*, all other grains are enriched  
**A VARIETY OF FRESH FRUITS & VEGETABLES OFFERED DAILY** "Thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of foodborne illness"  
Alternate LUNCH Choice Yogurt Meal available

Allergy Warning: Menu items may contain or come in contact with wheat, eggs, soy, nuts, and milk

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