



APRIL 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 to add funds to your child's account.

Monday

"April fool's day" 1
"Crispy Burger"

(Chicken Patty on a WG Roll)
Emoji fries baby carrots
Diced pears Milk

SCHOOL HOLIDAY 8

Wellness Tip:
Start your day right-with a healthy breakfast!

Tuesday

No School 2
Professional Development Day

SCHOOL HOLIDAY 9

Wellness Tip:
Get some fresh air
Go for a Bike ride!

Wednesday

Chicken Meatballs 3
In brown gravy
Mashed potatoes
Corn Dinner roll
Applesauce Milk

SCHOOL HOLIDAY 10

Wellness Tip:
Get plenty of exercise
in your day
Talk a long walk!

Thursday

Beef & Cheese Nachos 4
Brown Rice Salsa
Fiesta beans
Orange smiles Milk

SCHOOL HOLIDAY 11

Wellness Tip:
Stay hydrated
Drink plenty of water!

Friday

French bread Pizza 5
Garden salad
Fresh apple
Mango- wango Juice
Milk

SCHOOL HOLIDAY 12

Wellness Tip:
Limit Blue light before bed
Get plenty of sleep!

Cheeseburger 15
Baked beans
Sweet potato fries
Apple juice Milk

"Brunch for lunch" 16
French Toast sticks/ syrup cup
Potato puffs sausage links
Sliced strawberries
Mango juice Milk

Pasta with meat sauce 17
Cheese stuffed breadstick
Garden salad
Diced pears Milk

Chicken Nuggets 18
Rosemary Roasted Potato Wedges
Peas Dinner roll
Diced peaches Milk

Pizza Cheese bite dippers 19
Marinara sauce
Steamed Broccoli
Orange smiles Milk

Meatless Monday! 22
"Big daddy's" Pizza Slice
Green beans
Baby carrots
Fresh Apple Milk

Yang's orange chicken (K-5) 23
Gen Tao's Chicken (6-12)
Vegetable fried rice
Edamame
Diced peaches Milk

Chicken & Pasta Alfredo 24
Steamed broccoli
Garlic knot
Orange smiles
Milk

Turkey /Cheese/lettuce 25
On a WG Grinder Roll
WG Goldfish
Cucumber wheels/Ranch Cup
Apple juice Milk

Mozzarella Sticks 26
Marinara Sauce Dipping Cup
Garden salad
Diced peaches Milk

Chicken & Waffles /syrup cup 29
Sweet potato fries
Golden Steamed Corn
Apple slices Milk

Hot dog 30
Oven baked fries
Mozzarella string cheese
Cucumber wheels/Ranch Cup
Grape juice Milk

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

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, raisins, 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



APRIL 2024

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



WATERFORD SCHOOLS PRE-K BREAKFAST AND LUNCH

Monday

Mini French Toast

1

Chicken Patty *on a* WG Roll
Emoji fries baby carrots
Diced pears Milk

Tuesday

No School
Professional Development

Wednesday

Early Riser bacon & Egg hashbrown

3

Chicken Meatballs/gravy
Mashed potatoes
Applesauce
Dinner roll Milk

Thursday

Egg & Cheese Sandwich

4

Beef & Cheese Nachos
Brown Rice Salsa
Fiesta beans
Orange smiles Milk

Friday

Breakfast pizza

5

French bread Pizza
Garden salad
Fresh apple
Milk

SCHOOL HOLIDAY

8

Wellness Tip:
Start your day right-with a
healthy breakfast!

SCHOOL HOLIDAY

9

Wellness Tip:
Get some fresh air
Go for a Bike ride!

SCHOOL HOLIDAY

10

Wellness Tip:
Get plenty of exercise
in your day
Talk a long walk!

SCHOOL HOLIDAY

11

Wellness Tip:
Stay hydrated
Drink plenty of water!

SCHOOL HOLIDAY

12

Wellness Tip:
Limit Blue light before bed
Get plenty of sleep!

Sweet Potato breakfast Roll*

15

Cheeseburger
Baked beans
Sweet potato fries
Milk

Egg & Cheese Sandwich*

16

"Brunch for lunch"
French Toast sticks
Potato puffs sausage links
Sliced strawberries Milk

National **banana Bread** Day

17

String Cheese*

Pasta with meat sauce
Garden salad
Diced pears Milk

Mini French Toast*

18

Chicken Nuggets
Rosemary Roasted Potato Wedges
Peas Dinner roll
Diced peaches Milk

Breakfast pizza*

19

Pizza Cheese bite dippers
Marinara sauce
Steamed Broccoli
Orange smiles Milk

Yogurt/ mini muffin*

22

Meatless Monday!
"Big daddy's" Pizza Slice
Green beans
Baby carrots
Applesauce Milk

Mini pancakes*

23

Yang's orange chicken
Vegetable fried rice
Edamame
Diced peaches Milk

Sweet Potato Breakfast Roll*

24

Chicken & Pasta Alfredo
Steamed broccoli
Orange smiles
Milk

Whole Grain Cereal*

25

Turkey /Cheese/lettuce
On a WG Roll
WG Goldfish Milk
Cucumber wheels/Ranch Cup

Egg & Cheese Sandwich*

26

Mozzarella Sticks
Marinara Sauce Dipping Cup
Garden salad
Diced peaches Milk

Mini Pancakes*

29

Chicken & Waffles
Sweet potato fries
Golden Steamed Corn
Apple slices Milk

Whole Grain Cereal *

30

Sun butter & Jelly sandwich
Mozzarella string cheese
Cucumber wheels
Orange smiles Milk

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

*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

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