



FEBRUARY  
2019  
BREAKFAST MENU  
WATERFORD PUBLIC SCHOOLS



**WHS/CLMS**  
Breakfast \$2.25  
Reduced \$.30  
many a la carte items

ALTERNATE BREAKFAST AVAILABLE DAILY: CEREAL, FRUIT, CHEESE STICK, MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Goody ring Melon slices Milk
4 Cereal Muffin Banana Milk	5 Yogurt Mixed fruit Graham crackers Milk	6 Blueberry muffin Diced peaches Milk	7 Cinnamon toast Sausage links Banana Milk	8 Pancakes Orange slices 100% apple juice Milk
11 Cereal Muffin Orange slices Milk	12 Yogurt parfait Graham crackers Milk	13 Sausage, egg, cheese on an English muffin Diced pears Milk	14 Apple strudel Applesauce cup Milk 	15 Blueberry muffin Diced peaches Milk
18 <b>President's Day Recess</b>	19	20 French toast sticks Banana Cheese stick Milk	21 Chocolate chip muffin Mixed fruit Milk	22 Cereal Muffin Orange slices Milk
25 Cereal Muffin Banana Milk	26 Cinnamon toast Sausage links Banana Milk	27 Egg and cheese on a WG croissant Diced pears Milk	28 Yogurt Mixed fruit Graham crackers Milk	

MILK: choice of low-fat (1% or less unflavored only)  
or fat-free (unflavored or flavored)

menus are subject to change



**FEBRUARY  
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LUNCH MENU  
WATERFORD PUBLIC SCHOOLS**

**LUNCH PRICES**  
  
**CLMS \$3.25**  
visit [www.mypaymentsplus.com](http://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
				1 Pizza Romaine salad w/ dressing Diced peaches Milk
4 Cheeseburger w/ roll lettuce, tomato Baked beans Celery sticks Fresh apple Milk	5 Grilled cheese or grilled ham & cheese sandwich Tomato soup w/ crackers Veggie sticks Applesauce cup Milk	6 Chicken parmesan Romaine salad Garlic bread Peach cup Milk	7 Pulled pork on a roll Spiral fries Steamed broccoli Mixed fruit cup Milk	8 Pizza Romaine salad w/ dressing Fruit cup Milk
11 Chicken nuggets Mashed potatoes Steamed broccoli Wheat bread Peach cup Milk	12 BBQ chicken wrap lettuce & tomato Cucumber sticks Melon slices Milk	13 Pasta w/ meatsauce Garlic bread Green beans Applesauce cup Milk	14 Ham & cheese grinder Veggie sticks 100% apple juice Fresh orange Milk <b>Be Mine! Sidekick cup</b>	15 Pizza bagels Romaine salad w/ dressing 100% apple juice Mixed fruit Milk
<b>President's Day Recess</b>	19	20 Hot dog w/ roll Oven fries Cucumber & tomato Pear cup Milk	21 French toast sticks Sausage links 100% orange juice Potato puffs Pear cup Milk	22 Pizza Romaine salad w/ dressing Fresh apple Milk
25 Cheeseburger w/ roll Oven fries Steamed broccoli Pear cup Milk	26 Tacos Spanish rice Corn Pear cup Milk	27 Pasta w/ meatsauce Garlic bread Green beans Applesauce cup Milk	28 Grilled cheese or grilled ham & cheese sandwich Tomato soup w/ crackers Veggie sticks Applesauce 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



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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
				1 Pizza bagel Romaine salad w/ dressing 100% apple juice milk
4 Chicken nuggets Mashed potatoes Steamed broccoli Wheat bread Diced peach cup Milk	5 Fishburger w cheese Oven fries Corn Mixed fruit cup Milk	6 Nachos w/ meat & cheese Brown rice 100% apple juice Corn Milk Applesauce cup	7 Grilled cheese or grilled Ham & cheese sandwich Tomato soup w/ crackers Veggie sticks Applesauce cup Milk	8 Pizza Romaine salad w/ dressing Diced peach cup Milk
11 Pulled pork sandwich Spiral spicy fries Steamed broccoli Mixed fruit cup Milk	12 Cheeseburger w/ roll lettuce & tomato Baked beans Celery sticks Fresh apple Milk	13 Pasta w/ meatsauce Garlic bread Green beans Applesauce cup Milk	14 BBQ chicken wrap lettuce & tomato Cucumber sticks Milk  <b>Be Mine! Sidekick cup</b>	15 Pizza Romaine salad w/ dressing Mixed fruit cup Milk
18 <b>President's Day Recess</b>	19	20 Italian dippers w/ marinara sauce & meatballs Romaine salad Melon slices Milk	21 Turkey grinder w/ lettuce tomato, cheese Veggie cup Cape cod chips Fresh apple Milk	22 Pizza bagel Romaine salad w/ dressing Mixed fruit cup Milk
25 Chicken nuggets Mashed potatoes Steamed broccoli Wheat bread Diced peach cup Milk	26 French toast sticks Sausage links Potato puffs 100% orange juice Diced pear cup Milk	27 Meatball grinder Potato wedges Carrot sticks Fresh apple Milk	28 BBQ chicken patty w/ roll Oven fries Peas Fresh apple Milk	

**Milk: 1% lowfat or skim**

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Each meal includes choice of:

Vegetables: veggie of the day or fresh veggie cup

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