

2015 - 2016

Watervliet Elementary  
school lunch menu

breakfast menu

Breakfast at school provides a convenient, economical and healthy alternative for all that IMPORTANT MORNING NUTRITION.

Kellogg® Jump Starts or Breakfast Breaks are offered daily (WG Cereal, WG Cracker and 100% Fruit Juice) in addition to our daily menu. EVERY BREAKFAST COMES WITH A FRESH FRUIT, JUICE AND CHOICE OF FAT-FREE OR LOW-FAT MILK.

meal pricing

Student Breakfast	\$1.40
Reduced Breakfast	\$0.30
Adult Breakfast	\$1.90
Student Lunch	\$2.50
Reduced Lunch	\$0.40
Adult Lunch	\$3.30
A La Carte Milk	\$0.50

Milk is included with complete meal.

week one & three

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>Eggo® French Toast Minis</li> <li>Chef Fruit Selection &amp; 100% Fruit Juice</li> <li>Choice of Milk</li> </ul>	<ul style="list-style-type: none"> <li>WG Banana Bread</li> <li>Chef Fruit Selection &amp; 100% Fruit Juice</li> <li>Choice of Milk</li> </ul>	<ul style="list-style-type: none"> <li>Hard Boiled Egg</li> <li>WG Bagel w/Cream Cheese</li> <li>Chef Fruit Selection &amp; 100% Fruit Juice</li> <li>Choice of Milk</li> </ul>	<ul style="list-style-type: none"> <li>Ultimate Breakfast Round</li> <li>Chef Fruit Selection &amp; 100% Fruit Juice</li> <li>Choice of Milk</li> </ul>	<ul style="list-style-type: none"> <li>Kellogg® WG Pop-Tarts®</li> <li>Chef Fruit Selection &amp; 100% Fruit Juice</li> <li>Choice of Milk</li> </ul>

week two & four

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>Yogurt Cup</li> <li>Nutri-Grain® Bar</li> <li>Chef Fruit Selection &amp; 100% Fruit Juice</li> <li>Choice of Milk</li> </ul>	<ul style="list-style-type: none"> <li>Crunchmania® Snack Bag</li> <li>Chef Fruit Selection &amp; 100% Fruit Juice</li> <li>Choice of Milk</li> </ul>	<ul style="list-style-type: none"> <li>Eggo® Pancake Minis</li> <li>Chef Fruit Selection &amp; 100% Fruit Juice</li> <li>Choice of Milk</li> </ul>	<ul style="list-style-type: none"> <li>WG Breakfast Pastry</li> <li>Chef Fruit Selection &amp; 100% Fruit Juice</li> <li>Choice of Milk</li> </ul>	<ul style="list-style-type: none"> <li>Kellogg® WG Pop-Tart®</li> <li>Chef Fruit Selection &amp; 100% Fruit Juice</li> <li>Choice of Milk</li> </ul>

fresh choices bar

Monday: Mixed Salad Greens - Crunchy Broccoli - Baby Carrots - Crunchy Michigan Apples  
 Tuesday: Crispy Cauliflower - Celery Sticks - Fresh Orange Wedges  
 Wednesday: Mixed Salad Greens - Red & Green Pepper Strips - Crunchy Michigan Apples  
 Thursday: Veggie Dippers - Fresh Orange Wedges  
 Friday: Cucumber Coins - Spring Peas - Fresh Fruit Variety

lunch menu

ALTERNATE LUNCH OPTIONS:

Monday: Deli Sandwich on a WG Bun  
 Tuesday: Soy-butter & Jelly EZ Jammer  
 Wednesday: Deli Wrap  
 Thursday: Cheesy Chef Salad w/WG Bagel  
 Friday: Tortilla Chips & Cheese with Sassy Salsa

lunch meal calendar

● Week One Meal Plan  
● Week Two Meal Plan  
● Week Three Meal Plan  
● Week Four Meal Plan  
▲ Special Theme Menu Days

week one

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>Baked Chicken Nuggets</li> <li>Potato Smiles</li> <li>Keebler® Honey Grahams</li> <li>Lunch Bunch Grapes</li> </ul>	<ul style="list-style-type: none"> <li>French Toast Sticks with Pork Sausage Patty</li> <li>Mango Wango Punch</li> <li>Diced Peaches</li> </ul>	<ul style="list-style-type: none"> <li>Cheesy Nacho Supreme</li> <li>Refried Bean Dip</li> <li>Tortilla Chips &amp; Salsa</li> <li>Petite Banana</li> </ul>	<ul style="list-style-type: none"> <li>Pulled BBQ Pork on WG Bun</li> <li>Kids Munchie Mix</li> <li>Applesauce</li> <li>Kellogg® Fruit Snack</li> </ul>	<ul style="list-style-type: none"> <li>Tony's Stuffed Sticks w/ Marinara Sauce</li> <li>Mixed Salad Greens</li> <li>Mixed Fruits</li> </ul>

week two

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>Corn Dog on a Stick</li> <li>Brown Sugar Glazed Carrots</li> <li>Diced Peaches</li> </ul>	<ul style="list-style-type: none"> <li>Stuffed Crust Pizza</li> <li>Spinach &amp; Tomato Salad</li> <li>Applesauce</li> </ul>	<ul style="list-style-type: none"> <li>Creamy Macaroni &amp; Cheese</li> <li>Green Beans</li> <li>Petite Banana</li> <li>Bug Bites</li> </ul>	<ul style="list-style-type: none"> <li>Sweet &amp; Tangy Sloppy Joe</li> <li>Grandmas Baked Beans</li> <li>Pineapple Tidbits</li> </ul>	<ul style="list-style-type: none"> <li>Southwest Fiesta Pizza</li> <li>Seasoned Corn</li> <li>Fruit Cup</li> </ul>

week three

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>Cheeseburger on WG Bun</li> <li>Sliced Tomato, Lettuce &amp; Pickles</li> <li>Crispy Baked French Fries</li> <li>Applesauce</li> </ul>	<ul style="list-style-type: none"> <li>Chicken &amp; Waffles</li> <li>Spinach &amp; Fruit Salad</li> <li>Strawberries</li> </ul>	<ul style="list-style-type: none"> <li>Walking Taco</li> <li>Salsa</li> <li>Seasoned Black Beans</li> <li>Petite Banana</li> </ul>	<ul style="list-style-type: none"> <li>Ham &amp; Cheese on Flaky WG Croissant</li> <li>Cheez-it® Crackers</li> <li>Mandarin Oranges</li> </ul>	<ul style="list-style-type: none"> <li>4x6 Classic Cheese Pizza</li> <li>Spinach Salad</li> <li>Diced Peaches</li> </ul>

week four

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>Eggo® Mini's w/ Cheese Sticks</li> <li>Hash Brown Patty</li> <li>Chilled Diced Pears</li> </ul>	<ul style="list-style-type: none"> <li>Chef Boyardee Ravioli</li> <li>Buttered Carrots</li> <li>Lunch Bunch Grapes</li> <li>Scooby Snacks</li> </ul>	<ul style="list-style-type: none"> <li>Crispy Chicken Slider with Yogurt</li> <li>Grandmas Baked Beans</li> <li>Petite Banana</li> </ul>	<ul style="list-style-type: none"> <li>Turkey Sub</li> <li>Spinach &amp; Tomato Salad</li> <li>Sidekicks Fruit Slushie</li> </ul>	<ul style="list-style-type: none"> <li>Pepperoni Calzone</li> <li>Marinara Dipping Sauce</li> <li>Grape Juice</li> </ul>

September '15

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October '15

S	M	T	W	T	F	S
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November '15

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December '15

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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# 3 ways to purchase meals



## PRE-PAYMENTS ONLINE

The secure on line website for viewing your students account and making deposits is: [www.sendmoneytoschool.com](http://www.sendmoneytoschool.com). There is a convenience fee for deposits made on-line to cover the cost of transaction fees and web-site maintenance charged to each transaction. Family deposits may be made on one transaction with only one transaction fee. THERE IS NO FEE TO VIEW YOUR STUDENTS MEAL HISTORY AND ACCOUNT BALANCE ONLINE.

Log onto your account, enter your user name and password, then click on Make a Deposit, enter the amount that you wish to deposit into each student account, click the "next" button, enter your payment method and confirm your deposit. In most cases, your deposit will be available for use within 15 minutes.

If you need to set up an account; you will need your students school identification number. You may call your schools office or Nutrition Services 269-463-0799 for this number. Log onto [www.sendmoneytoschool.com](http://www.sendmoneytoschool.com) and follow the instructions for setting up an account. If you need assistance, please call the Nutrition Services office or visit our district website for instructions

## CHECK

Deposit may be sent to the school in an envelope. Please note your students name, grade or teachers name and the amount of the deposit; this will be collected in the food service envelope on the teacher's desk. Checks should be made out to: Watervliet Food Service. Deposits will be credited to student accounts on the day that they are received by your student's school cafeteria. Watervliet Public Schools does not charge a fee for checks or money order deposits made at school or by mail.

## CASH

We do not recommend sending cash with your student to school, however if you choose to send cash, please be sure that the envelope is sealed properly. Please note your students name, grade or teachers name and the amount of the deposit; this will be collected in the food service envelope on the teacher's desk.

Deposits will be credited to student accounts on the day that they are received by your student's school cafeteria. Watervliet Public Schools does not charge a fee for deposits made at school or by mail.

# Watervliet Elementary school lunch menu

Watervliet Public Schools  
Nutrition Services Department  
450 E Red Arrow Hwy  
Watervliet, MI 49098  
269-463-0799

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