

2016

Watervliet Elementary school lunch menu

breakfast menu

Breakfast at school provides a convenient, economical and healthy alternative for that ALL-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, AND CHOICE OF FAT FREE OR LOW FAT MILK

week one & three

monday

- Crunchmania® Snack Bag
- Chef Fruit Selection & 100% Fruit Juice
- Choice of Milk

tuesday

- Eggo® Pancake Mini's
- Chef Fruit Selection & 100% Fruit Juice
- Choice of Milk

wednesday

- Yogurt Cup
- Nutri-Grain® Bar
- Chef Fruit Selection & 100% Fruit Juice
- Choice of Milk

thursday

- Pancake & Sausage Stick
- Chef Fruit Selection & 100% Fruit Juice
- Choice of Milk

friday

- Kellogg® WG Pop-Tarts®
- Chef Fruit Selection & 100% Fruit Juice
- Choice of Milk

week two & four

monday

- Yogurt Cup
- Rice Krispies® Bar
- Chef Fruit Selection & 100% Fruit Juice
- Choice of Milk

tuesday

- Crunchmania® Snack Bag
- Chef Fruit Selection & 100% Fruit Juice
- Choice of Milk

wednesday

- Egg & Bacon Breakfast Square
- Chef Fruit Selection & 100% Fruit Juice
- Choice of Milk

thursday

- Apple Cinnamon Fruit Pocket
- Chef Fruit Selection & 100% Fruit Juice
- Choice of Milk

friday

- Eggo® Waffle Minis
- Chef Fruit Selection & 100% Fruit Juice
- Choice of 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.

fresh choices bar with every lunch

- 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 - Fresh Fruit Variety

lunch menu

ALTERNATE LUNCH OPTIONS:

- Monday: Cheese & Meat Stick w/WG Bagel
- Tuesday: Soy-butter & Jelly EZ Jammer
- Wednesday: Yogurt, Cheese Stick w/WG Bagel
- Thursday: Deli Sandwich
- Friday: Yogurt and Kellogg's® Crunchmania® Snacks

lunch meal calendar

- Week One Meal Plan
- Week Two Meal Plan
- Week Three Meal Plan
- Week Four Meal Plan
- Special Theme Menu Days

January '16

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						

February '16

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					

March '16

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		

April '16

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

week one

monday

- Personal Pan Pizza
- Garden Salad
- Apple Juice
- Chilled Pears

tuesday

- WG Mini Corn Dogs
- Bushes Baked Beans
- Diced Peaches

wednesday

- WG Crisпитos
- Tortilla Chips & Salsa
- Lunch Bunch Grapes

thursday

- WG Chicken Nuggets
- Corn Nibbles
- Elfin Loaf
- Applesauce

friday

- Cheesy Breadsticks with Marinara Sauce
- Crunchy Broccoli
- Mixed Fruit

week two

monday

- Southern Battered Chicken Leg
- Scalloped Potatoes
- Lunch Bunch Grapes

tuesday

- Stuffed Crust Pizza
- Spinach & Tomato Salad
- Applesauce

wednesday

- Nachos Supreme
- Refried Beans
- Salsa
- Petite Banana

thursday

- Crispy Chicken Sandwich
- Cheez-It® Crackers
- Pineapple Tidbits

friday

- Eggo® Pancake Mini's with Yogurt Cup
- Celery & Soybutter Dip
- Chef's Choice Fruit

week three

monday

- Shaved Turkey Croissant
- Zesta® Mini's
- Lettuce & Tomato
- Applesauce

tuesday

- Chicken Tenders
- Crispy Baked French Fries
- Lunch Bunch Grapes

wednesday

- Soft Shell Taco
- Tortilla Chips & Salsa
- Seasoned Black Beans
- Petite Banana

thursday

- Hot Dog on WG Bun
- Eagle BBQ Popped Chips
- Mandarin Oranges

friday

- French Bread Cheese Pizza
- Spinach & Tomato Salad
- Diced Peaches

week four

monday

- American Classic Hamburger
- Bushes Baked Beans
- Tomato, Lettuce & Pickles
- Lunch Bunch Grapes

tuesday

- Ham & Cheese Melt
- Sweet Potato Puffs
- Orange Juice
- Diced Peaches

wednesday

- Baked Spaghetti
- Green Beans
- Garlic Breadstick
- Petite Banana

thursday

- Chicken Smackers
- Potato Smiles
- Sidekicks Fruit Slushie
- Scooby Snacks

friday

- Toasted Cheese Sandwich
- Tomato Soup w/ Zesta® Minis
- Orange Smiles

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3 ways to purchase meals



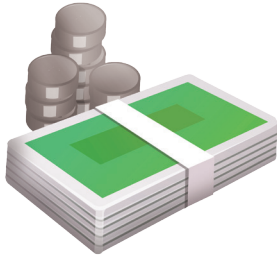
Our system is designed as a debit system – not a charge system. Courtesy e-mails are sent twice per week to alert parents when meal balances are negative and deposit requests are sent home each Thursday with elementary school children. You can help us by updating your e-mail information at your school site. Please help our department and your student by keeping track of their account.

PRE-PAYMENTS ONLINE

The secure on line website for viewing your students account and making deposits is: www.sendmoneytoschool.com. There is a convenience fee for deposits made on-line to cover the cost of transaction fees charged for each transaction. Family deposits may be made on one transaction with only one transaction fee.

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 student's school identification number. You may call your school's office or Nutrition Services 269-463-0799 for this number. Log onto 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.

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

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