



DECEMBER
2008
LUNCH MENU



WATERFORD PUBLIC SCHOOLS

ELEMENTARY PRICES




Lunch (daily) \$2.00 (includes milk)

Milk \$.45

December pre-pay \$ 32.00

WWW.MEALPAYPLUS.COM

Alternate meal: Yogurt, wheat bread, fresh fruit or fruit cup, veggie sticks offered daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken nuggets w/ B sauce Steamed rice Wheat bread Carrots Fruit cup Milk	2 Hot dog w/ roll C Mac & cheese Peas Chilled pears Milk	3 Cheese pizza D 100% juice Salad w/ dressing Graham crackers Milk	4 Grilled ham & cheese E Cup of tomato soup w/ crackers Veggie sticks Rosy applesauce Milk	5 Pasta w/ meatsauce F Garlic bread Green beans Chilled fruit cup Milk
8 Baked chicken A Mashed potatoes Wheat bread Italian blend veggies Milk	9 Tacos w/ lettuce, B tomato, cheese Spanish rice Corn Corn muffin Cinnamon applesauce Milk	10 Assorted grinders w/ C lettuce, tomato, cheese 100% juice Fresh fruit Milk	11 Cheese ravioli D Garlic bread Salad w/ dressing Fruit cup Milk	12 Meatloaf w/ gravy E Baked potato Wheat bread Steamed broccoli Milk
15 Beef or cheese burrito F Spanish rice Corn Applesauce Milk	16 Hot dog w/ roll A Baked beans Veggie sticks Grapes Milk	17 <u>Holiday Dinner</u> B Roast turkey w/ stuffing Mashed potatoes w/ gravy Carrots Wheat roll Milk	18 Assorted grinders w/ C lettuce, tomato, cheese Cup of tomato w/ crackers Fruit cup Milk	19 Cheeseburger w/ roll D Oven fries Corn Fruit cup Milk
22 Assorted sandwiches E Cup of Veggie soup w/ crackers Veggie sticks Orange slices Happy Hanukkah	23 Pizza F Salad w/ dressing Fruit cup Graham crackers Milk Early Dismissal	24 No School Holiday Recess	25  Merry Christmas	26 No School Holiday Recess
29 	30	31		

All meals are served with a choice of fresh chilled milk
 Also available daily: choice of sandwich or salad plate

MENUS ARE SUBJECT TO CHANGE

Each meal
 includes
 choice of:

Vegetables: Veggie of the day or fresh veggie cup
Fruit: Fresh, canned in lite syrup or 100 % fruit juice
 Bottled water available at an extra charge of \$.50