



**JANUARY
2009
LUNCH MENU
WATERFORD PUBLIC SCHOOLS**

| |
|--------------------------------------|
| ELEMENTARY PRICES |
| Lunch (daily) \$2.00 (includes milk) |
| Milk \$.45 |
| January pre-pay \$ 34.00 |

WWW.MEALPAYPLUS.COM

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|
| | | | 1 NEW YEAR'S DAY HAPPY★NEW★YEAR HOLIDAY RECESS - NO SCHOOL | 2 |
| 5 Grilled ham & cheese A Cup of tomato soup w/ crackers Cucumber sticks Chilled peaches Milk | 6 Pizza B Salad Fruit cup Pretzel cup Milk | 7 Chicken nuggets w/ sauce C Seasoned noodles Steamed veggies Wheat bread Orange slices Milk | 8 Ziti w/ meatsauce D Garlic bread Green beans Fresh apple slices Milk | 9 Tacos w/ lettuce, tomato, cheese E Spanish rice Corn muffin Steamed corn Fruit cup Milk |
| 12 Popcorn chicken F Rice Mixed veggies Wheat bread Fruit cup Milk | 13 Hot dog w/ roll A Oven fries Corn on the cob Apple crisp Milk | 14 <u>Grilled ham & cheese</u> B Cup of tomato soup w/ crackers Veggie sticks Fresh apple slices Milk | 15 Turkey w/ gravy over noodles C Green beans Wheat bread Mixed fruit Milk | 16 No School Professional Development |
| 19 Martin Luther King Jr. Day No School | 20 Pizza D Salad 100% apple juice Graham crackers Milk | 21 Cheeseburger w/ roll E Lettuce & tomato cup Potato puffs Fruit cup Milk | 22 Turkey w/ gravy over F Mashed potatoes Steamed broccoli Wheat bread Melon slices Milk | 23 Baked Ham w/pineapple A Mac & cheese 100% juice Grapes Milk |
| 26 Turkey veg. soup w/ crackers B Turkey wrap Lettuce & tomato Orange slices Milk | 27 BBQ chicken C Mashed potatoes Green beans Wheat bread Milk | 28 Sloppy Joes w/ roll D Salad w/ dressing Gingerbread w/ topping Pineapple cup Milk | 29 Pasta w/ meatsauce E Garlic bread Green beans Fruit cup Milk | 30 Grilled cheese sandw. F Cup of tomato soup w/ crackers Veggie sticks 100% juice Milk |

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