

LUNCH

APRIL 2024
WATERFORD SCHOOLS K-12

LUNCH PRICES

Elementary \$3.25
CLMS \$3.50
WHS \$3.75

*Second Meal=\$4.25 - Adult Meal \$5.00

Please visit www.myschoolbucks.com to add funds to your child's account.

Monday

1
"April fool's day"
"Crispy Burger"
(Chicken Patty on a WG Roll)
Emoji fries baby carrots
Diced pears Milk

SCHOOL HOLIDAY 8

Wellness Tip:
Start your day right-with a healthy breakfast!

15
Cheeseburger
Baked beans
Sweet potato fries
Apple juice Milk

22
Meatless Monday!
"Big daddy's" Pizza Slice
Green beans
Baby carrots
Fresh Apple Milk

29
Chicken & Waffles /syrup cup
Sweet potato fries
Golden Steamed Corn
Apple slices Milk

Tuesday

2
No School
Professional Development Day

SCHOOL HOLIDAY 9

Wellness Tip:
Get some fresh air
Go for a Bike ride!

16
"Brunch for lunch"
French Toast sticks/ syrup cup
Potato puffs sausage links
Sliced strawberries
Mango juice Milk

23
Yang's orange chicken (K-5)
Gen Tao's Chicken (6-12)
Vegetable fried rice
Edamame
Diced peaches Milk

30
Hot dog
Oven baked fries
Mozzarella string cheese
Cucumber wheels/Ranch Cup
Grape juice Milk

Wednesday

3
Chicken Meatballs
In brown gravy
Mashed potatoes
Corn Dinner roll
Applesauce Milk

SCHOOL HOLIDAY 10

Wellness Tip:
Get plenty of exercise
in your day
Talk a long walk!

17
Pasta with meat sauce
Cheese stuffed breadstick
Garden salad
Diced pears Milk

24
Chicken & Pasta Alfredo
Steamed broccoli
Garlic knot
Orange smiles
Milk

Thursday

4
Beef & Cheese Nachos
Brown Rice Salsa
Fiesta beans
Orange smiles Milk

SCHOOL HOLIDAY 11

Wellness Tip:
Stay hydrated
Drink plenty of water!

18
Chicken Nuggets
Rosemary Roasted Potato Wedges
Peas Dinner roll
Diced peaches Milk

25
Turkey /Cheese/lettuce
On a WG Grinder Roll
WG Goldfish
Cucumber wheels/Ranch Cup
Apple juice Milk

Friday

5
French bread Pizza
Garden salad
Fresh apple
Mango- wango Juice
Milk

SCHOOL HOLIDAY 12

Wellness Tip:
Limit Blue light before bed
Get plenty of sleep!

19
Pizza Cheese bite dippers
Marinara sauce
Steamed Broccoli
Orange smiles Milk

26
Mozzarella Sticks
Marinara Sauce Dipping Cup
Garden salad
Diced peaches Milk

For the 23-24 school year, students qualified for **Reduced status** will receive one lunch at no cost per day

All grain-based items offered are whole-grain rich which means that at least 51% of the grains in the item are *whole grain (WG)*, all other grains are enriched

A VARIETY OF FRESH FRUITS & VEGETABLES OFFERED DAILY "Thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of foodborne illness"

Alternate Choice Yogurt Meal AVAILABLE Daily or Alternate Salad meal offered when available (See kitchen manager)

Yogurt Meal =Yogurt, Mozzarella string cheese, baby carrots, craisins, goldfish crackers, dinner roll, milk Salad Meal=Garden salad with egg, cheese stick garlic knot, fruit choice, milk

Allergy Warning: Menu items may contain or come in contact with wheat, eggs, soy, nuts, and/or milk

***Menus are subject to change**

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