

Wattsburg Area Middle School

Lunch Menu

January 2019

School Lunch Prices:

- Student Paid – \$2.60
- Student Reduced - \$.40
- Milk - \$.55

Janet Mullaney

Child Nutrition Director

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Daily Hot Sandwiches May Include:

- Bacon Cheeseburger on Bun
- Cheeseburger on Bun
- Chicken Patty on Bun
- Hotdog on Bun
- Stromboli



Daily Cold Sandwiches May Include:

- Chicken Salad Bun/Wrap
- Tuna Salad, Bun/Wrap
- Peanut Butter & Jelly
- Turkey Club
- Ham & Cheese Wrap
- Turkey & Cheese Wrap

The Garden Patch

- Mixed salad greens with a variety of toppings & dressings, meats, and cheeses!



Yogurt Parfaits

- Yogurt Parfait available on Tuesdays and Thursdays.

Sub/Wrap-n-Go

- Deli subs & wraps made to order with a variety of toppings.

Bobcat Pizzeria

- Pepperoni Pizza
- Cheese Pizza
- Daily Special Pizza





The Soup Kettle:

- One soup will be offered daily

Milk Choices - All milk is fat free.

- Chocolate
- White or Skim
- Strawberry

Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4
				
		Tacos Lettuce/Salsa/Cheese Refried Beans Cookie Fruit Fat Free Milk	Chicken Wrap w/Lettuce & Tomato Brown Rice Pilaf 3-Bean Salad Fruit Fat Free Milk	Quesadilla Broccoli Relish Tray Fruit Fat Free Milk
7	8	9	10	11
Hot Ham & Cheese on Pretzel Bun Baked Beans Carrots w/ Dip Fruit Fat Free Milk	Spaghetti & Meatballs Spinach Salad/Dressing Garlic Breadstick Fruit Fat Free Milk	Chicken Mashed Potato Bowl w/Gravy, Corn, Cheese Dinner Roll Fruit Fat Free Milk	Cheeseburger on Bun w/Lettuce & Tomatoes French Fries Juice Bar Fat Free Milk	Pizza Dippers with Marinara Sauce Romaine Salad Fruit Fat Free Milk
14	15	16	17	18
Bobcat Fries Refried Beans Dinner Roll Veggie Sticks Fruit Fat Free Milk	Turkey Club on Bun Sun Chips Beets Relish Tray Fruit Fat Free Milk	French Toast Sticks Hash Brown Potatoes Sausage Patty Celery Sticks & Dip Vegetable Juice Fruit Fat Free Milk	No School	No School
21	22	23	24	25
No School	Chicken Nuggets Soft Pretzel Glazed Carrots Celery Sticks with Dip Fruit Fat Free Milk	Hot Dog on Bun French Fries Sauerkraut Fruit Fat Free Milk	Meatball Sub Romaine Salad w/Dressing Green Beans Fruit Fat Free Milk	Macaroni & Cheese Fish Sticks Relish Tray Broccoli Fruit Fat Free Milk
	28	29	30	31
Chicken Patty on Bun w/Lettuce and Tomato Corn Fruit Fat Free Milk	Hot Turkey Sandwich w/Gravy Mashed Potatoes Cranberry Sauce Mixed Vegetables Fruit Fat Free Milk	Tacos Lettuce/Salsa/Cheese Refried Beans Cookie Fruit Fat Free Milk	Chicken Wrap w/Lettuce & Tomato Brown Rice Pilaf 3-Bean Salad Fruit Fat Free Milk	Quesadilla Broccoli Relish Tray Fruit Fat Free Milk

Selection

Please choose at least 3 of the 5 items for the school lunch price.

- Entrée
- Choice of 2 fruits and 2 vegetables
- Grain
- Milk

Vegetable Choices

- Hot vegetable
- Tossed salad
- Assorted fresh vegetable tray

Fruit Choices

- Fresh fruit
- Assorted canned fruit
- 100% fruit juice



U.S.D.A requires schools to serve a variety of vegetables & vegetable sub groups each week. All lunches must contain one ½ cup serving of fruits and/or vegetables daily.

Menu Items Subject to Change