

# Wattsburg Area Middle School

## Lunch Menu


### March 2019

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**School Lunch Prices:**  
 Student Paid – \$2.60  
 Student Reduced - \$.40  
 Milk - \$.55

**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
				1 Quesadilla Broccoli Relish Tray Fruit Fat Free Milk
4 Hot Ham & Cheese on Pretzel Bun Baked Beans Carrots w/ Dip Fruit Fat Free Milk	5 Spaghetti & Meatballs Spinach Salad/Dressing Garlic Breadstick Fruit Fat Free Milk	6 Chicken Mashed Potato Bowl w/Gravy, Corn, Cheese Dinner Roll Fruit Fat Free Milk	7 Cheeseburger on Bun w/Lettuce & Tomatoes French Fries Juice Bar Fat Free Milk	8 Pizza Dippers with Marinara Sauce Romaine Salad Fruit Fat Free Milk
11 Bobcat Fries Refried Beans Dinner Roll Veggie Sticks Fruit Fat Free Milk	12 Turkey Club on Bun Sun Chips Beets Relish Tray Fruit Fat Free Milk	13 French Toast Sticks Hash Brown Potatoes Sausage Patty Celery Sticks & Dip Vegetable Juice Fruit Fat Free Milk	14 Chicken Tenders Seasoned Potato Wedges Breadstick Peas Fruit Fat Free Milk	15 Ravioli Garden Salad Breadstick Fruit Fat Free Milk
18 Snow Make Up		20 Hot Dog on Bun French Fries Sauerkraut Fruit Fat Free Milk	21 Meatball Sub Romaine Salad w/Dressing Green Beans Fruit Fat Free Milk	22 Macaroni & Cheese Fish Sticks Relish Tray Broccoli Fruit Fat Free Milk
25 Chicken Patty on Bun w/Lettuce and Tomato Corn Fruit Fat Free Milk	26 Hot Turkey Sandwich w/ Cranberry Sauce Mashed Potatoes Mixed Vegetables Fruit Fat Free Milk	27 Tacos Lettuce/Salsa/Cheese Refried Beans Cookie Fruit Fat Free Milk	28 Chicken Wrap w/Lettuce & Tomato Brown Rice Pilaf 3-Bean Salad Fruit Fat Free Milk	29 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