

FEBRUARY 2023

WATERFORD HIGH SCHOOL

LUNCH MENU

MEAL PRICES
 Lunch \$3.75
 Milk only \$.75
 Adult Staff Meal \$5.00

Monday

Tuesday

Wednesday

Thursday

Friday

Please check your child's lunch account and rectify any negative balance you may have. Thank you.

Chicken & Cheese soft Taco **1**
 Brown Rice Corn
 Fiesta Black beans
 Diced pears Orange juice
 salsa milk

Teriyaki Dumplings **2**
 Yokosoba noodles
 Broccoli fortune cookie
 Mandarin oranges
 Fresh fruit Milk

Chicken & Waffles **3**
 Potato Puffs
 Cinnamon carrots
 Pears apple juice
 Syrup Cup Milk

Cheeseburger **6**
 Baked Beans Oven Fries
 Applesauce cup
 Fresh Fruit choice
 Milk

Brunch for Lunch: Pancakes **7**
 Potato Puffs
 Sausage Patty Maple Syrup
 Mango juice
 Apple Milk

Pasta with meat sauce **8**
 Seasoned green beans
 Garden Salad
 Apple Peaches
 Warm Breadstick Milk

Popcorn Chicken **9**
 Smile Fries Peas
 Dinner roll
 Applesauce cup
 Fresh Fruit Milk

Pizza Crunchers **10**
 Marinara sauce
 Steamed Broccoli
 Diced peaches Apple
 Ice cold Milk

Cheesy-Pull-a-parts **13**
 Marinara Cup
 Broccoli
 Cucumbers Ranch Cup
 Fresh Orange Milk

Chicken Nuggets **14**
 Smile fries Green Peas
 Warm dinner Roll
 Applesauce
 Fresh Fruit Milk

Pasta with Meatballs **15**
 Green Beans
 Garlic knot
 Diced Pears Craisins
 Ice cold Milk

Beef & Cheese Nachos **16**
 Lettuce & Tomato
 Brown Rice salsa
 Corn Black beans
 Pears Orange juice Milk

Cheese or Pepperoni **17**
 Sal's Pizza Slice
 Broccoli
 Fresh Apple Raisins
 Ice cold Milk

School Holiday **20**

School Holiday **21**

Mozzarella sticks **22**
 Marinara sauce cup
 Broccoli & cucumbers
 Dinner roll
 Diced peaches
 Fresh Orange Milk

Soft Beef Taco **23**
 with Lettuce & Cheese
 Corn Black beans
 Doritos Salsa seasoned rice
 Mandarin Oranges
 Pears Milk

Assorted Toppings **24**
 Pizza Slice
 Garden Salad
 Baby carrots Ranch dressing
 Assorted Fruit Milk

Chicken Patty *on a WG Roll* **27**
 Potato Wedges
 Baked Beans
 Fresh Apple or Orange
 Ice cold Milk

French Toast sticks **28**
 Sausage Links Syrup cup
 Golden Hash brown patty
 Raisins Fresh fruit
 Mango juice Milk



A Variety of alternate Meal choices are available daily-See Menu Board in Cafeteria for Choices Milk choices: 1% White or Fat Free Flavored
 Due to food/supply chain shortage we appreciate your understanding that there may be last minute substitutions to the menu that are beyond our control.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER