

Waterford Country School Cycle1 Summer Menu

Breakfast	Lunch	Dinner	Snack
Sunday 10/1 Danish fruit juice milk	chesseburgers lettuce and tomato oven fries, fresh fruit 1% or fat free milk	BBQ chicken potato salad	chefs choice
Monday 10/2 WG pancakes grilled turkey ham fresh fruit 100% juice 1% or fat free milk	hot dog and fries spinach salad fresh fruit 1% or fat free milk	chicken with buttered noodles steamed veg	chex mix Fruit punch
Tuesday 10/3 Cheese omelet hash brown cereal, fresh fruit 100% juice 1% or fat free milk	turkey nachos Rice Corn Fresh Fruit 1% or fat free milk	homamde mac and cheese salad	Nutri grain
Wednesday 10/4 French toast/turk saus 100% juice yogurt fresh fruit 1% or fat free milk	Potato Bar spinach salad fresh fruit 1% or fat free milk	Kielbasa cabbage Fruit salad	Fruit roll up
Thursday 10/5 Egg and cheese sandwich Slice of grilled turkey ham Cold cereal 100% juice, fresh fruit 1% or fat free milk	Chicken Parm Grinder romaine salad fresh fruit milk	Ruebens	Fruit Cocktail goldfish
Friday 10/6 boiled eggs w/ wheat toast butter and jelly Cold cereal 100% juice, fresh fruit 1 % or fat free milk	grilled cheese and ham garden salad baked chips Fruit 1% or fat free milk	Stuffed Chicken breast veggie	Popcorn
Saturday 10/7 muffins (fortified) Cold cereal, fresh fruit 100% juice 1% or fat free milk	nuggets sweet pot fries cole slaw fresh fruit 1% or fat free milk	fresh grilled quesadilla fruit salad milk	yogurt <i>**subject to change</i>

*All bread will be whole wheat including toast, sandwiches, bread served at dinner

**Any questions or requests please see Rachael Magnani Food Service Coordinator

at Ext.131

All juice served is 100% fruit juice

Waterford Country School Summer cycle 2 menu

Breakfast	Lunch	Dinner	Snack
Sunday 10/8 bagels with cream cheese fresh fruit, cereal 100% juice 1% or fat free milk	"Sub shop" grinders lettuce and tomato fresh fruit 1% or fat free milk	Turkey wings potato salad	peach crisp
Monday 10/9 Pancakes cold cereal fresh fruit 1% or fat free milk 100% juice	Chili rice romaine salad fresh fruit 1% or fat free milk	Chicken and broccoli alfredo	pretzels fruit punch
Tuesday 10/10 scrambled eggs slice of cheese cereal, fresh fruit 100% juice 1% or fat free milk	southwest wrap red pepper corn Fresh fruit 1% or fat free milk	Spagetti with meat balls fruit milk	Yogurt
Wednesday 10/11 French Toast Sticks yogurt 100% juice 1 % or fat free milk fresh fruit	WCS Pizza tom/cucumber salad fresh fruit 1% or fat free milk	Teriyaki chicken Steamed veg kaiser roll	popcorn fruit punch
Thursday 10/12 Egg and cheese sandwich with turkey ham. 100% juice cereal, 1% or fat free milk	sausage grinder roasted red peppers fresh fruit yellow squash 1% or fat free milk	sloppy joes chefs choice veg	Fruit cocktail cheese stick
Friday 10/13 Waffles and syrup sausage link cold cereal 100% juice/fresh fruit 1% or fat free milk	Chicken and rice southern greens Fresh Fruit 1% or fat free milk]	Jamaican beef patty veg Punch	Cookies
Saturday 10/14 Muffins Cold cereal fresh fruit 100%juice/1% or fat free M	ham or turkey subs lettuce and tomato fresh fruit 1% or fat free milk	Chicken Fingers with tator tots fruit and milk	cheese and crackers **subject to change

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all juice served is 100% fruit juice