

Watkins Glen CENTRAL SCHOOL DISTRICT

100% VIRTUAL MENU

***All Vegetables & Fruits are a 1/2 cup portion**

Watkins ELEMENTARY: Each student receives 1 free breakfast & 1 free lunch at no charge per school day.

Watkins Glen MIDDLE & HIGH: Each student receives 1 free breakfast & 1 free lunch at no charge per school day

HOME MEALS	HOME MEALS	HOME MEALS	HOME MEALS	HOME MEALS	HOME MEALS	HOME MEALS
MON -	TUES - Dec 1	WED - Dec 2	THURS - Dec 3	FRI - Dec 4	SAT - Dec 5	SUN - Dec 6
	Breakfast: Cereal, 100% Fruit Juice & Milk	Breakfast: Bagelw/cream cheese or jelly, 100% Fruit Juice & Milk	Breakfast: Cereal Bar, 100% Juice & Milk	Breakfast: Cereal, 100% Juice & Milk	Breakfast: cinnamon roll, 100% Juice & Milk	Breakfast: Cereal, 100% Juice & Milk
	Lunch Entrée: Mozzarella Cheesestickw/marinara	Lunch Entrée: cheeseburger	Lunch Entrée: chicken nuggets	Lunch Entrée: Cheese Pizza	Lunch Entrée: PBJ Sandwich	Lunch Entrée: Yogurt w/ mozzarella cheese stick
	Vegetable: Fresh Baby Carrot	Vegetable: Green Beans	Vegetable: Green Beans	Vegetable: Fresh Baby Carrot	Vegetable: Corn	Vegetable: Sliced Carrots
	Sides: Applesauce Cup & Milk	Sides: Fresh fruit & Milk	Sides: Fruit cup & Milk	Sides: fresh fruit & Milk	Sides: raisins & Milk	Sides: Fresh Fruit & Milk
	Cooking Instructions: Heat to 165	Cooking Instructions: Heat to 165	Cooking Instructions: Heat to 165	Cooking Instructions: Heat to 165	Cooking Instructions: None	Cooking Instructions: None
MON - Dec 7	TUES - Dec 8	WED - Dec 9	THURS - Dec 10	FRI - Dec 11	SAT - Dec 12	SUN - Dec 13
Breakfast: Muffin top, 100%fruit juice & milk	Breakfast: Cereal, 100% Fruit Juice & Milk	Breakfast: Bagelw/cream cheese or jelly, 100% Fruit Juice & Milk	Breakfast: Cereal Bar, 100% Juice & Milk	Breakfast: Cereal, 100% Juice & Milk	Breakfast: cinnamon roll, 100% Juice & Milk	Breakfast: Cereal, 100% Juice & Milk
Lunch Entrée: Toasted cheese	Lunch Entrée: Walking meat taco	Lunch Entrée: chicken patty on a bun	Lunch Entrée: Meatball sub	Lunch Entrée: BBQ pork rib sandwich	Lunch Entrée: PBJ Sandwich	Lunch Entrée: Yogurt w/ mozzarella cheese stick
Vegetable: Broccoli	Vegetable: Fresh Baby Carrot	Vegetable: Baked Beans	Vegetable: Green Beans	Vegetable: Fresh Baby Carrot	Vegetable: Corn	Vegetable: Sliced Carrots
Sides: fresh fruit & Milk	Sides: Applesauce Cup & Milk	Sides: Fresh fruit & Milk	Sides: Fruit cup & Milk	Sides: fresh fruit & Milk	Sides: raisins & Milk	Sides: Fresh Fruit & Milk
Cooking Instructions: None	Cooking Instructions: Heat to 165	Cooking Instructions: Heat taco meat to 165 F	Cooking Instructions: Heat Ravioli and sauce 165 F .	Cooking Instructions: Heat Hamburger to 165 F	Cooking Instructions: None	Cooking Instructions: None
MON - Dec 14	TUES - Dec 15	WED - Dec 16	THURS - Dec 17	FRI - Dec 18	SAT - Dec 19	SUN - Dec 20
Breakfast: Muffin top, 100%fruit juice & milk	Breakfast: Cereal, 100% Fruit Juice & Milk	Breakfast: Bagelw/cream cheese or jelly, 100% Fruit Juice & Milk	Breakfast: Cereal Bar, 100% Juice & Milk	Breakfast: Cereal, 100% Juice & Milk	Breakfast: cinnamon roll, 100% Juice & Milk	Breakfast: Cereal, 100% Juice & Milk
Lunch Entrée: Pulled Pork sandwich	Lunch Entrée: Walking meat taco	Lunch Entrée: Tuna Salad Sub	Lunch Entrée: ultimate cheese breadstick w/marinara	Lunch Entrée: chicken patty on a bun	Lunch Entrée: PBJ Sandwich	Lunch Entrée: Yogurt w/ mozzarella cheese stick
Vegetable: Broccoli	Vegetable: Fresh Baby Carrot	Vegetable: Baked Beans	Vegetable: Green Beans	Vegetable: Fresh Baby Carrot	Vegetable: Corn	Vegetable: Sliced Carrots
Sides: fresh fruit & Milk	Sides: Applesauce Cup & Milk	Sides: Fresh fruit & Milk	Sides: Fruit cup & Milk	Sides: fresh fruit & Milk	Sides: raisins & Milk	Sides: Fresh Fruit & Milk
Cooking Instructions: None	Cooking Instructions: None	Cooking Instructions: Heat taco meat to 165 F	Cooking Instructions: Heat Ravioli and sauce 165 F .	Cooking Instructions: Heat Hamburger to 165 F	Cooking Instructions: None	Cooking Instructions: None
MON - Dec 21	TUES - Dec 22					
Breakfast: Muffin top, 100%fruit juice & milk	Breakfast: Cereal, 100% Fruit Juice & Milk					
Lunch Entrée: Mozzarella cheese sticks w/ marinara	Lunch Entrée: Cheese ravioli w/ marinara					
Vegetable: Broccoli	Vegetable: Fresh Baby Carrot					
Sides: fresh fruit & Milk	Sides: Applesauce Cup & Milk					
Cooking Instructions: None	Cooking Instructions: None					
MON -	TUES -	WED -	THURS -	FRI -	SAT -	SUN -