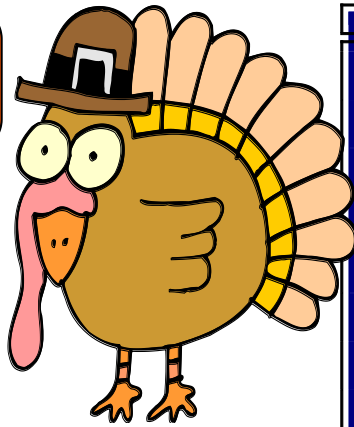


Elementary
November
2011

Waterford
School
District



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

Meal Prices
Breakfast \$ 1.50
Super (Add a 2nd Entrée) \$.75
Lunch \$ 2.50
Super (Add a 2nd Entrée) \$ 1.25
Milk * \$.50

MEALS ARE PRE-ORDERED

Look for WG = Whole Grain

Friday is Cookie Day

.60 for a cookie

\$1.00 for Milk and a Cookie

Menus are subject to change without Notice

WSD Food & Nutrition Services Help Desk

Questions: 248-682-0394 or BradyR01@wsdmi.org

Deposits & Account Info: www.sendmoneytoschool.com

Visit our Website:

waterford.k12.mi.us/foodservice

Nutrition Info: click on Nutrition Guide

Monthly Menus & Price Schedule: click on Menus & Pricing

Questions regarding account transactions should reach us within 60 days of transaction.

Please make checks payable to: WSD – Food Services.
Return check fee is \$25.00 per item

Note: In the event that school is canceled, the menu choice from the first day that school was canceled will be served on the returning day except for Fri & Mon which remain the same

Monday, Oct 31

Breakfast for Lunch

- WG French Toast Sticks w/Scrambled Eggs
- WG Cereal w/Scrambled Eggs
- Chef Salad w/ WG Roll

Hash Brown Potatoes
Applesauce
1% or Skim Milk

Breakfast

WG Frudel
Fruit Juice
1% or Skim Milk

Tuesday, Nov 1

- WG Soft Shell Beef Taco
- WG Vegetarian Chili Cheese Burrito
- Chef Salad & WG Roll

Corn or
Cucumber Slices
Orange Wedges
1% or Skim Milk

Breakfast

WG Benefit Bar
Apple or Apple Juice
1% or Skim Milk

Wednesday, Nov 2

- WG Pasta w/Meat Sauce
- Beef Ravioli
- Chef Salad

Whole Grain Crackers
Fresh Broccoli
Peaches
1% or Skim Milk

Breakfast

Bagel &
Lite Cream Cheese
Fruit Juice
1% or Skim Milk

Thursday, Nov 3

ENVELOPES COLLECTED

- Chicken Tenders
- Garden Fresh Hummus w/ WG Tortilla Chips
- Chicken Caesar Salad

Whole Grain Crackers
Mexican Bean Salad
Grapes
1% or Skim Milk

Breakfast

WG Cereal Bar
Skim Milk Cheese Stick
Banana
1% or Skim Milk

Friday, Nov 4

ENVELOPES COLLECTED

- Real Pizzeria Pizza
- WG Tuna Roll Up
- Romaine Chickpea Salad & WG Roll

Romaine Salad
Fruit Cocktail
1% or Skim Milk

Breakfast

Assorted Muffins
Skim Milk Cheese Stick
Fruit Juice
1% or Skim Milk

TRACKER SAYS!



MyPlate!
MyTray!
MyWay!

MyTrackerTray Days:

November

**Great Grain
Great Gain!
Get on the
Whole Grain Train!**

November 1

Garden Fresh
Whole Grain Tortilla Chips

November 16

Whole Grain
MyTracker Crackers

Every child who gets school lunch or brings lunch gets to "taste test" MyTrackerTray food of the day!

Monday, Nov 7

- Chick –n– Dips
- Sloppy Joe
- Chicken Caesar Salad

Whole Grain Roll
Broccoli Raisin Salad
Pineapple Tidbits
1% or Skim Milk

Breakfast

WG Cinnamon Waffle
Raisins
1% or Skim Milk

Tuesday, Nov 8

No School

**Staff
Professional
Development
Day**

Wednesday, Nov 9

- Turkey & Gravy & Whipped Potatoes
- Chef Salad

Whole Grain Roll
Peaches
1% or Skim Milk

Breakfast

Bagel &
Lite Cream Cheese
Fruit Juice
1% or Skim Milk

Thursday, Nov 10

ENVELOPES COLLECTED

- Real Pizzeria Pizza
- WG Grilled Cheese
- Romaine Chickpea Salad w/ WG Roll

Romaine Salad
Orange Wedges
1% or Skim Milk

Breakfast

WG Benefit Bar
Apple or Apple Juice
1% or Skim Milk

Friday, Nov 11

ENVELOPES COLLECTED

Half Day Class Act

- Jimmy John's Turkey Sub
Apple Slices
Baby Carrots
1% or Skim Milk

Breakfast

Blueberry Muffin
Skim Milk Cheese Stick
Fruit Juice
1% or Skim Milk

Free and Reduced Meal Applications

When submitting an application, parents **WILL BE CHARGED** for meals until the eligibility process is complete (Process could take several weeks)

APPLY AT WWW.LUNCHAPP.COM
TO GREATLY SHORTEN PROCESSING TIME

Only one application per family is needed even if your children go to different schools

ALL household members MUST be included on the application

Monday, Nov 14

Sun Brunch for Lunch

1. WG Cinnamon Pancakes
2. WG Waffles
3. Chef Salad & Roll

*Apple Slices & Sunbutter
Celery Sticks
1% or Skim Milk*

Breakfast

- Yogurt
Skim Milk Cheese Stick
Apple or Apple Juice
1% or Skim Milk

Tuesday, Nov 15

Half Day Class Act

1. Jimmy John's Turkey Sub

*Orange Wedges
Carrots
1% or Skim Milk*

Breakfast

- WG Pancakes
Banana
1% or Skim Milk

Wednesday, Nov 16

FUEL UP TO PLAY60

Kick Off for Lions Lunch

1. WG Golden Goal Chicken Nuggets
 2. Tailgate Taco Salad
- WG Trackers Touchdown Crackers
Football Fiesta Salad
Sidekicks Fruit Slushie
1% or Skim Milk

Breakfast

- Bagel &
Lite Cream Cheese
Raisins
1% or Skim Milk

Thursday, Nov 17

ENVELOPES COLLECTED

1. Bosco Bread Stick & Yogurt
2. WG Chili Mac
3. Romaine Chickpea Salad & WG Roll

*Romaine Salad
Pineapple Tidbits
1% or Skim Milk*

Breakfast

- Cereal Bar
Skim Milk Cheese Stick
Banana
1% or Skim Milk

Friday, Nov 18

ENVELOPES COLLECTED

1. Real Pizzeria Pizza
2. Grilled Cheese
3. Chef Salad & WG Grahams

*Baby Carrots
Pears
1% or Skim Milk*

Breakfast

- Apple Cinnamon Muffin
Skim Milk Cheese Stick
Fruit Juice
1% or Skim Milk

FUEL UP TO PLAY60

KICKOFF LUNCH

CELEBRATE THE NFL AND LIONS SEASON AS WE TEAM UP WITH THE UNITED DAIRY INDUSTRY TO KICKOFF ANOTHER FUEL UP TO PLAY60 YEAR

GET LUNCH ON NOVEMBER 16
GET A CHANCE TO WIN FUTP60 T-SHIRTS, WRIST BANDS AND FOLDERS

Lions Tailgate Lunch!

Monday, Nov 21

ENVELOPES COLLECTED

1. Popcorn Chicken
2. Sweet & Sour Chicken & WG Roll
3. Chef Salad & WG Roll

*Steamed Broccoli & Cheese
Mandarin Oranges
1% or Skim Milk*

Breakfast

- Yogurt
Skim Milk Cheese Stick
Apple or Apple Juice
1% or Skim Milk

Tuesday, Nov 22

ENVELOPES COLLECTED

1. Real Pizzeria Pizza
2. WG Tuna Roll Up
3. Romaine Chickpea Salad & WG Roll

*Romaine Salad
Peaches
1% or Skim Milk*

Breakfast

- Blueberry Muffin
Skim Milk Cheese Stick
Fruit Juice
1% or Skim Milk

Wednesday, Nov 23

See you back here on
Monday, November 28!

Happy Thanksgiving

Thursday, Nov 24

See you back here on
Monday, November 28!

Happy Thanksgiving

Friday, Nov 25

ALL ABOARD!

Getting Kids on the Right Track to Good Nutrition & Fitness at the WSDepot Cafés!

- All cereals are low sugar
- All Juices are 100% fruit juice
- All our food is baked-not fried
- Chickpeas are offered with salads
- All our rolls & breads are whole grain
- All our buns are whole wheat or enriched
- Fresh Fruits, Veggies & Salads available everyday

HEALTHY CHOICES!

Monday, Nov 28

1. Chicken Strips
2. WG Chicken Quesadilla
3. Chef Salad & WG Roll

*Fresh Broccoli
Pineapple Tidbits
1% or Skim Milk*

Breakfast

- Yogurt
WG Grahams
Apple or Apple Juice
1% or Skim Milk

Tuesday, Nov 29

1. Hot Dog
2. Chili Dog
3. Chef Salad & WG Roll

*Potato Smiles
Applesauce
1% or Skim Milk*

Breakfast

- WG Cereal Bar
Skim Milk Cheese Stick
Banana
1% or Skim Milk

Wednesday, Nov 29

1. Seasoned Beef & Bean Cheese Nacho
2. Sailor Salad & WG Roll

*Cucumber Slices
Peaches
1% or Skim Milk*

Breakfast

- Bagel &
Lite Cream Cheese
Fruit Juice
1% or Skim Milk

Thursday, Dec 1

ENVELOPES COLLECTED

1. Chicken Dipper
2. Romaine Chickpea Salad

*Whole Grain Crackers
Sweet Tater Tots
Pears
1% or Skim Milk*

Breakfast

- WG BeneFit Bar
Raisins
1% or Skim Milk

Friday, Dec 2

ENVELOPES COLLECTED

1. Real Pizzeria Pizza
2. WG Grilled Cheese
3. Chef Salad & WG Roll

*Carrots
Apple
1% or Skim Milk*

Breakfast

- Assorted Muffins
Skim Milk Cheese Stick
Fruit Juice
1% or Skim Milk

OAKLAND COUNTY FARMERS MARKET

Waterford Village students enjoy a great learning adventure at the Oakland County Farmers Market funded by the Hidden Valley @Love Your Veggies Grant

Visit: Waterford.k12.mi.us/foodservice

Click on Picture of Health to see more of what our Nutrition Team is doing to help our students learn and grow!