

Menus for June 2012

**Waterford School District
Mott High School**



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
*Add 2nd Entrée for \$.75 more

Lunch: \$2.75
*Add 2nd Entrée for \$1.25 more

2nd Wednesday
Original Tubby's Sub \$3.00

Tues Wed Thurs

Variety of Tex-Mex Items Available

Healthy breakfast choices available daily in café and by the bus drop door

WSD Food & Nutrition Services Help Desk

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

Deposits & Account Info: www.sendmoneytoschool.com

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

Visit our Website: waterford.k12.mi.us/foodservice

Nutrition Info: click on Nutrition Guide

Monthly Menus & Price Schedule: click on Menus & Pricing

Please make checks payable to: WSD – Food Services

Return check fee is \$25.00 per item

Menus subject to change without Notice

FRESH DAILY CHOICES

in addition to menu items

- Fresh Made Assorted Sandwiches & Salads
- Assorted Fresh Fruits and Vegetables
- 1% or Skim Milk (8oz)
- Whole Grain Rolls

More healthy info:

- Breads & Buns are Whole Wheat or Enriched
- Whole Wheat Barilla Plus Pasta is standard
- Garbanzo Beans available with salads
- French Fries are oven baked
- All cereals are low sugar
- Pizza Choices: Vegetarian, Cheese, Chicken or Pepperoni

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Macaroni & Cheese Fajita Wrap</p> <p>Steamed Broccoli Applesauce 1% or Skim Milk</p>	<p>Catch the Wave</p> <p>Chicken-N-Cheese Hoagie Cook's Choice Pizza</p> <p>Tossed Salad Mandarin Oranges 1% or Skim Milk</p>	<p>Pasta Bar</p> <p>Chicken Alfredo w/a Garlic Bread Stick Pasta w/Marinara Sauce Garlic Cheese Bread</p> <p>Carrots Watermelon 1% or Skim Milk</p>	<p>Bosco Bread Sticks (2) Baked Chicken Tenders & Roll</p> <p>Celery Sticks Peaches 1% or Skim Milk</p>	<p>Real Pizzeria Pizza Mini Corn Dogs</p> <p>Caesar Salad Fruit Cocktail 1% or Skim Milk</p>
<p>Chick -n- Dips Rib-B-Q</p> <p>Baked Beans Pears 1% or Skim Milk</p>	<p>Cook's Choice</p> <p>Assorted Fruits Assorted Veggies 1% or Skim Milk</p>	<p>1/2 day of School Final Exams</p>	<p>1/2 Day of School Final Exams</p>	<p>1/2 Day of School See you in the fall!</p>

Catch the Wave! Get Lunch on June 5th - Get a Chance to Win 2 Passes to the Wave Pool!

Healthy Hunger Free Kids Act

USDA New Nutrition Standards 2012/2013

Menu Updates for the coming school year!

- **Even More Great Tasting Whole Grains**
- **Even More Fruit Choices (1 cup offered!)**
- **Even More Veggie Choices (1 cup offered!)**
- **Same Great Variety of Fresh Fruits & Veggies!**
- **Even More Bean/Pea (Legume) Choices**
- **Fat Free Flavored Milk**
- **Same as ever 1% or Fat Free White Milk**
- **Lower Sodium**

Mus Tke 3 Lunch Apps

1 Mus B Fruit or Veggie

miTray Apps
5 Apps Offered