



Waterford School District—Middle Schools

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
- Tubby's Subs: \$3.00

Great Breakfast choices available everyday in café!

WG = Whole Grain

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 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

All cereals are low sugar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>No School Today See you tomorrow</p> <p>Happy New Year!</p>	<p>3</p> <p>1.Seasoned Beef & Bean Cheese Nachos 2.Chicken Twister in Tortilla Shell</p> <p>Cucumber Slices Pears Milk</p>	<p>4</p> <p>1.Chicken Hani 2. Chicken Strips & WG Roll</p> <p>Green Beans Orange Wedges Milk</p>	<p>5</p> <p>1.Hamburger or Cheeseburger 2.WG Chili Mac & WG Crackers</p> <p>Sweet Tater Tots Peaches Milk</p>	<p>6</p> <p>1.Chicken Cheese Quesadilla 2.WG Bosco Pizza Sticks</p> <p>Carrots Apple Milk</p>
<p>9</p> <p><u>Asian Rice Bowls</u> 1.Almondless Boneless Chicken 2.Sweet & Sour Chicken 3.Cook's Choice Pizza</p> <p>Rice Fresh Broccoli Mandarin Oranges Milk</p>	<p>10</p> <p>1.Two Whole Grain Tacos 2. WG Bean Burrito</p> <p>Corn Banana Milk</p>	<p>11</p> <p>½ day of School Professional Development Day</p>	<p>12</p> <p>1.Whole Grain Pasta w/Meat Sauce 2. Chicken Dipper</p> <p>Bread Stick Caesar Romaine Salad Pineapple Tidbits Milk</p>	<p>13</p> <p>1.Chicken Nuggets & WG Roll 2. Meat Ball Sub</p> <p>Sweet Potato Fries Pears Milk</p>
<p>16</p> <p>No School Today Martin Luther King Day</p>	<p>17</p> <p><u>Beach Day!</u> 1.Tubby's Original Sub Sandwich 2.Fiestada</p> <p>Celery Sticks Fruit Cocktail Milk</p>	<p>18</p> <p>1.Popcorn Chicken 2.Chicken Popper Potato Bowl</p> <p>Whipped Potatoes & Gravy w/ WG Roll Corn Grapes Milk</p>	<p>19</p> <p>1. Two Hot Dogs 2.Sloppy Joe</p> <p>Baked Beans Banana Milk</p>	<p>20</p> <p>1.Macaroni & Cheese & Roll 2. WG Clever Calzone</p> <p>Peas & Carrots Applesauce Milk</p>
<p>23</p> <p>1.Shephards' Pie & WG Roll 2.Cook's Choice Pizza 3. WG Tuna Rollup Sandwich</p> <p>Peas Pineapple Tidbits Milk</p>	<p>24</p> <p>1.Grilled Cheese Sandwich 2.Pizza Bagel</p> <p>Tomato Soup Peaches Milk</p>	<p>25</p> <p><u>Breakfast for Lunch</u> 1.WG French Toast Sticks or Cereal Scrambled Eggs 2.Mini Corn Dogs</p> <p>Hash Brown Potatoes Orange Wedges Milk</p>	<p>26</p> <p>1. Chicken Nuggets & Roll 2.cheese Quesadilla</p> <p>Whipped Sweet Potatoes Applesauce Milk</p>	<p>27</p> <p>½ day of school End of Semester</p>
<p>30</p> <p>1. Chicken Patty 2. Cook's Choice Pizza</p> <p>Baked Fries Apple Milk</p>	<p>31</p> <p>1. Chicken-N-Cheese Hoagie 2. Ravioli & Roll</p> <p>Fresh Broccoli Peaches Milk</p>	<p>February 1</p> <p>½ day of school today Professional Staff Development Day</p>	<p>February 2</p> <p>1.Bosco Bread Sticks 2. Bean Burrito 3. Chillito Burrito</p> <p>Caesar Romaine Salad Fruit Cocktail Milk</p>	<p>February 3</p> <p>1. Chicken Tenders & WG Roll 2. Turkey Rueben</p> <p>Baked French Fries Mandarin Oranges Milk</p>

Beach Day 2012: Get lunch on January 17 and get a chance to win WSD Pool Passes!