



Menus For March 2012

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 style="text-align: right;">5</p> <p>1. Chicken Patty 2. Cook's Choice Pizza</p> <p>Baby Carrots Apple 1% or Skim Milk</p>	<p style="text-align: right;">6</p> <p>1. Chicken-N-Cheese Hoagie 2. Ravioli & WG Roll</p> <p>Fresh Broccoli Peaches 1% or Skim Milk</p>	<p style="text-align: right;">7</p> <p>1. WSD Famous Turkey & Gravy 2. Chicken Drumsticks</p> <p>Whipped Potatoes Roll Pears 1% or Skim Milk</p>	<p style="text-align: right;">8</p> <p>1. WG Bosco Bread Sticks 2. WG Bean Burrito 3. WG Chilito Burrito</p> <p>Caesar Romaine Salad Fruit Cocktail 1% or Skim Milk</p>	<p style="text-align: right;">9</p> <p>1. Chicken Tenders & WG Roll 2. Turkey Rueben</p> <p>Baked French Fries Mandarin Oranges 1% or Skim Milk</p>
<p style="text-align: right;">12</p> <p>1. Meatballs & Marinara Sauce /WG Roll 2. Real Pizzeria Pizza</p> <p>Caesar Romaine Salad Pineapple Tidbits 1% or Skim Milk</p>	<p style="text-align: right;">13</p> <p>1. Seasoned Beef & Bean Cheese Nachos 2. Chicken Twister in Tortilla Shell</p> <p>Cucumber Slices Pears 1% or Skim 1% or Skim Milk</p>	<p style="text-align: right;">14</p> <p>½ day Professional Staff Development</p>	<p style="text-align: right;">15</p> <p>1. Hamburger or Cheeseburger 2. WG Chili Mac & WG Crackers</p> <p>Sweet Tater Tots Peaches 1% or Skim Milk</p>	<p style="text-align: right;">16</p> <p>1. Chicken Cheese Quesadilla 2. WG Bosco Pizza Sticks</p> <p>Carrots Apple 1% or Skim Milk</p>
<p style="text-align: right;">19</p> <p>Asian Rice Bowls 1. Almondless Boneless Chicken 2. Sweet & Sour Chicken 3. Cook's Choice Pizza</p> <p>Rice Fresh Broccoli Mandarin Oranges 1% or Skim Milk</p>	<p style="text-align: right;">20</p> <p>1. Two Whole Grain Tacos 2. WG Bean Burrito</p> <p>Corn Banana 1% or Skim Milk</p>	<p style="text-align: right;">21</p> <p>White Chicken Chili Chili Con Carne Chili Mac</p> <p>Cornbread Caesar Salad Watermelon Milk</p>	<p style="text-align: right;">22</p> <p>1. Whole Grain Pasta w/Meat Sauce 2. Chicken Dipper</p> <p>Bread Stick Caesar Romaine Salad Pineapple Tidbits 1% or Skim Milk</p>	<p style="text-align: right;">23</p> <p>1. Chicken Nuggets & WG Roll 2. Meat Ball Sub</p> <p>Sweet Potato Fries Pears 1% or Skim Milk</p>
<p style="text-align: right;">26</p> <p>1. Swedish Meatballs & WG Roll 2. WG Hawaiian Rollup Sandwich 3. Real Pizzeria Pizza</p> <p>Steamed Broccoli & Cheese Cantalope 1% or Skim Milk</p>	<p style="text-align: right;">27</p> <p>1. Tubby's Original Sub Sandwich 2. Fiestada</p> <p>Celery Sticks Fruit Cocktail 1% or Skim Milk</p>	<p style="text-align: right;">28</p> <p>1. Popcorn Chicken 2. Chicken Popper Potato Bowl</p> <p>Whipped Potatoes & Gravy w/WG Roll Corn Grapes 1% or Skim Milk</p>	<p style="text-align: right;">29</p> <p>1. Two Hot Dogs 2. Sloppy Joe</p> <p>Baked Beans Banana 1% or Skim Milk</p>	<p style="text-align: right;">30</p> <p>1. Macaroni & Cheese & Roll 2. WG Clever Calzone</p> <p>Peas & Carrots Applesauce 1% or Skim Milk</p>

National School Breakfast Week March 5th -9th
Get Breakfast on March 9th Get a Chance to Win
A Move With Breakfast Movie Package