



Menus for October 2011

Waterford School District WAHS

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

**Healthy breakfast
choices available
in the café!**

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
Bosco Bread Sticks (2) Pasta w/Meat Sauce w/ Garlic Bread Stick 3 Chef Salad Orange Wedges Milk	Philly Steak Sandwich Chicken Cordon Bleu 4 Celery & Carrot Sticks Peaches Milk	Count Day 5 Get Lunch – get a chance to win \$10.00 on your account! Turkey & Gravy w/Roll Fiestada Whipped Potatoes Fruit Cocktail Milk	Hamburger Cheeseburger Turkey Burger 6 Cook's Choice Potatoes Grapes Milk	Real Pizzeria Pizza Mini Corn Dogs 7 Tossed Salad Applesauce Milk
Crary Calzone Chicken Nuggets & Roll 10 Whipped Potatoes & Gravy Peaches Milk	Seasoned Beef & Bean Cheese Nachos Chicken Quesadilla 11 Mexican Rice Corn Pears Milk	Meatballs in Marinara & Roll Rib-B-Q Sandwich 12 Cook's Special Potatoes Apple Milk	Turkey Rueben South West or French Bread Pizza 13 Caesar Salad Orange Milk	Real Pizzeria Pizza Popcorn Chicken & Roll 14 Carrots Fruit Cocktail Milk
Macaroni & Cheese Chili Mac & Wheat Crackers 17 Steamed Broccoli Applesauce Milk	Turkey Burger Cook's Choice Pizza 18 Tossed Salad Mandarin Oranges Milk	Chicken Alfredo w/a Garlic Bread Stick Garlic Cheese Bread 19 Carrots Watermelon Milk	Bosco Bread Sticks (2) Baked Chicken Tenders & Roll 20 Celery Sticks Peaches Milk	Real Pizzeria Pizza Mini Corn Dogs 21 Caesar Salad Fruit Cocktail Milk
Fiestada Pizza Burger 24 Baked Beans Pears Milk	Grilled Cheese Sandwich Baked Chicken Patty 25 Tomato Soup Banana Milk	Shepherd's Pie & Roll Cook's Choice Pizza 26 Corn Apple Milk	Cheese Quesadilla Chicken Twister 27 Cook's Choice Potatoes Orange Wedges Milk	Real Pizzeria Pizza Popcorn Chicken & Roll 28 Cucumber Slices Peaches Milk

National School Lunch Week October 10-14, 2011

Get a lunch on October 10th and get a chance to win a Fitness Pack