

# Back to school

## WAHS Menus September 2011

*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 2<sup>nd</sup> Entrée for \$.75 more

Lunch: \$2.75  
\*Add 2<sup>nd</sup> 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](mailto:BradyR01@wsdmi.org)

Deposits & Account Info: [www.sendmoneytoschool.com](http://www.sendmoneytoschool.com)

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

Visit our Website: [waterford.k12.mi.us/foodservice](http://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>5</p> 	<p>6</p> <p><b>Pizza</b> Assorted Sandwiches</p> <p>Assorted Fresh Veggies Assorted Fresh Fruit Milk</p>	<p>7</p> <p><b>Chicken Dippers</b> Rib-B-Q Sandwich</p> <p>Cook's Special Potatoes Apple Milk</p>	<p>8</p> <p><b>Turkey Rueben</b> South West or French Bread Pizza</p> <p>Caesar Salad Orange Milk</p>	<p>9</p> <p><b>Popcorn Chicken &amp; Roll</b> Chicken Quesadilla</p> <p>Carrots Fruit Cocktail Milk</p>
<p>12</p> <p><b>Macaroni &amp; Cheese</b> Chili Mac &amp; Wheat Crackers</p> <p>Steamed Broccoli Applesauce Milk</p>	<p>13</p> <p><b>Chicken-N-Cheese Hoagie</b> Cook's Choice Pizza</p> <p>Tossed Salad Mandarin Oranges Milk</p>	<p>14</p> <p><b>Chicken Alfredo w/a Garlic Bread Stick</b> Garlic Cheese Bread</p> <p>Carrots Watermelon Milk</p>	<p>15</p> <p><b>Bosco Bread Sticks (2)</b> Baked Chicken Tenders &amp; Roll</p> <p>Celery Sticks Peaches Milk</p>	<p>16</p> <p><b>Real Pizzeria Pizza</b> Mini Corn Dogs</p> <p>Caesar Salad Fruit Cocktail Milk</p>
<p>19</p> <p><b>Fiestada</b> Corsair's Calzone</p> <p>Baked Beans Pears Milk</p>	<p>20</p> <p><b>Farm to School Day</b> Michigan Cherry Burgers Baked Chicken Patty</p> <p>Farm Fresh Cucumbers Farm Fresh Apple Milk</p>	<p>21</p> <p><b>Half Day</b> No Lunch</p>	<p>22</p> <p><b>Cheese Quesadilla</b> Chicken Twister</p> <p>Cook's Choice Potatoes Orange Wedges Milk</p>	<p>23</p> <p><b>Real Pizzeria Pizza</b> Popcorn Chicken &amp; Roll</p> <p>Cucumber Slices Peaches Milk</p>
<p>26</p> <p><b>Asian Rice Bowls</b> Sweet &amp; Sour Chicken Almondless Boneless Chicken</p> <p>Rice Green Beans Mandarin Oranges Milk</p>	<p>27</p> <p><b>Chicken Hani</b> Gyro</p> <p>Caesar Salad Grapes Milk</p>	<p>28</p> <p><b>Meat Ball Sub</b> Mostaccioli &amp; Roll</p> <p>Fresh Broccoli Pears Milk</p>	<p>29</p> <p><b>Foot Long Hot Dog w/Chili</b> Chicken Poppers &amp; Roll</p> <p>Tater Tots Peaches Milk</p>	<p>30</p> <p><b>Real Pizzeria Pizza</b> Mini Corn Dogs</p> <p>Carrots Banana Milk</p>

**Get Lunch Sept 20: Get a chance to win a Farm Fresh Basket!**