

Back to school

Kettering 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 2nd Entrée for \$.75 more

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

Every Wednesday
Original Tubby's Sub \$3.00

EVERY TUES-THURS-FRI
Build a Sandwich Deli Bar-\$3.00

Tues AND Thurs
Variety of Tex-Mex Items
available

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
- All cereals are low sugar
- Pizza Choices: Vegetarian, Cheese, Chicken or Pepperoni

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

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

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