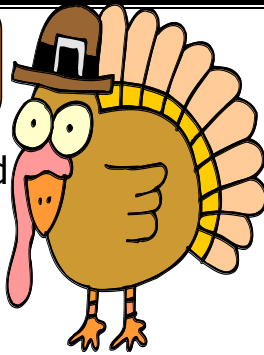




KMS
November
2011

Waterford
School
District



Meal Prices

Breakfast \$1.50
Super (Add 2nd Entrée) \$.75
Lunch \$2.50
Super (Add a 2nd Entrée) \$1.25
Milk \$.50

1% Reduced Fat Milk Served Daily

Menus are subject to change without notice

**Get Lunch Nov.22:
Get a chance to win good stuff!**

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**

FRESH DAILY CHOICES

in addition to menu items

- Fresh Made 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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| <p>Oct 31</p> <p>Whole Grain Pasta w/Meat Sauce</p> <p>Roll Peas Fruit Cocktail Milk</p> | <p>Nov 1</p> <p>Cheese Quesadilla Ravioli w/Whole Grain Crackers</p> <p>Shredded Lettuce & Tomatoes Diced Peas Milk</p> | <p>2</p> <p>Chicken-N-Cheese Hoagie Meat Ball Sub</p> <p>Mashed Sweet Potatoes Pineapple Tidbits Milk</p> | <p>3</p> <p>Turkey & Cheese Sandwich Chicken Patty</p> <p>Broccoli Apple Slices Milk</p> | <p>4</p> <p>Hamburger Macaroni & Cheese w/WG Crackers</p> <p>Potato Stars Mandarin Oranges Milk</p> |
| <p>7</p> <p>BREAKFAST FOR LUNCH French Toast Sticks w/Syrup Scrambled Eggs Chef's Choice</p> <p>Hash Brown Potatoes Applesauce Milk</p> | <p>8</p> <p>No School Today</p> <p>Professional Staff Development Day</p> | <p>9</p> <p>Turkey & Gravy</p> <p>Whipped Potatoes Roll Fruit Cocktail Milk</p> | <p>10</p> <p>Chicken Strips Cheesy Potatoes & Turkey Ham</p> <p>Roll Cooked Carrots Assorted Fruit Milk</p> | <p>11</p> <p>Meatballs & Marinara</p> <p>Roll Peas Orange Slices Milk</p> |
| <p>14</p> <p>Chicken Patty Whole Grain Pasta w/Meat Sauce</p> <p>Green Beans Fruit Cocktail Milk</p> | <p>15</p> <p>Hot Dog Turkey Sandwich</p> <p>Potato Salad 100% Fruit Push up Milk</p> | <p>16</p> <p>Cheesy Potatoes & Turkey Ham w/ Roll Fiestada</p> <p>Carrot Coins Sliced Peas Milk</p> | <p>17</p> <p>Chicken Fingers Chef's Choice</p> <p>Roll Sweet Tater Tots Pineapple Tidbits Milk</p> | <p>18</p> <p>Macaroni & Cheese w/Wheat Crackers Big Daddy's Pizza</p> <p>Steamed Broccoli w/ Cheese Applesauce Cup Milk</p> |
| <p>21</p> <p>Turkey Veggie Wrap Ravioli w/Whole Grain Crackers</p> <p>Sweet Tater Tots Fruit Cocktail Milk</p> | <p>22</p> <p>Touchdown Tuesday! Cheesy Potatoes & Turkey Ham Chef's Choice</p> <p>Roll Tomato Soup Diced Peaches Milk</p> | | | |
| <p>28</p> <p>Sloppy Joe Chef's Choice</p> <p>Potato Smiles Diced Peas Milk</p> | <p>29</p> <p>Lasagna</p> <p>Bread Stick Tossed Salad Applesauce Milk</p> | <p>30</p> <p>Chicken Tenders Ravioli & Roll</p> <p>Oven Baked French Fries Pineapple Tidbits Milk</p> | <p>Dec 1</p> <p>Two Soft Beef Tacos Chili Mac</p> <p>Shredded Lettuce & Tomatoes Diced Peaches Milk</p> | <p>Dec 2</p> <p>Almondless Boneless Chicken Chicken Patty</p> <p>Roll Green Beans Mandarin Oranges Milk</p> |