



Menu for October 2011

Waterford School District KMS

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: 2.50
 ▪ Add 2nd
 Entrée for
 \$1.25 more

Great Breakfast choices
 available everyday
 in your 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 Salads
- 1% or Skim Milk (8oz)
- Whole Grain Rolls
- All cereals are low sugar

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
3	4	5	6	7
BREAKFAST FOR LUNCH French Toast Sticks w/Syrup Scrambled Eggs Chef's Choice Hash Brown Potatoes Applesauce Milk	Italian Sub Sandwich Macaroni & Cheese w/Roll Tossed Salad Sliced Peaches Milk	Count Day <i>Get a Lunch-Get a Chance to Win \$10.00 on your account!</i> Turkey & Gravy Whipped Potatoes Roll Fruit Cocktail Milk	Chicken Strips Cheesy Potatoes & Turkey Ham Roll Cooked Carrots Assorted Fruit Milk	Meatballs & Marinara Roll Peas Orange Slices Milk
10	11	12	13	14
Chicken Patty Whole Grain Pasta w/Meat Sauce Green Beans Fruit Cocktail Milk	Hot Dog Ravioli & Wheat Cracker Potato Salad 100% Fruit Push up Milk	Cheesy Potatoes & Turkey Ham w/Roll Fiestada Carrot Coins Sliced Pears Milk	Chicken Fingers Chef's Choice Roll Sweet Tater Tots Pineapple Tidbits Milk	Macaroni & Cheese w/Wheat Crackers Big Daddy's Pizza Steamed Broccoli w/ Cheese Applesauce Cup Milk
17	18	19	20	21
Turkey Veggie Wrap Ravioli & Whole Grain Crackers Sweet Tater Tots Fruit Cocktail Milk	Cheesy Potatoes & Turkey Ham Chef's Choice Roll Tomato Soup Diced Peaches Milk	BRUNCH FOR LUNCH! Whole Grain Pancakes Whole Grain Waffles Celery Sticks & Sunbutter Banana Milk	Chicken Nuggets Macaroni & Cheese Roll Oven Baked French Fries Grapes Milk	Chili Mac Grilled Cheese Tomato Soup Pineapple Milk
24	25	26	27	28
Sloppy Joe Chef's Choice Potato Smiles Diced Pears Milk	Lasagna Bread Stick Tossed Salad Applesauce Milk	Chicken Tenders Ravioli & Roll Oven Baked French Fries Pineapple Tidbits Milk	Two Soft Beef Tacos Chili Mac Shredded Lettuce & Tomatoes Diced Peaches Milk	Almondless Boneless Chicken Chicken Patty Roll Green Beans Mandarin Oranges Milk

National School Lunch Week October 10-14, 2011
 Get a lunch on October 10th and get a chance to win a Fitness Pack