

K5 Carb Counter

“This information should be used as a reference guide ONLY. The information posted is provided by our product processors. The content is subject to change without notice. The school district is not responsible for this information. Please accept the information as the processor’s guide to consumers. If you wish to obtain the processor’s contact information, please contact: Robert Brady, Nutrition Services Director, 248.682.0394 or Doreen Simonds, Nutrition Services Manager, @ 248.224.4410.”

Red Numbers show Carbohydrate Counts in grams

(Please see our Nutrition Guide for Condiments and Ala Carte)

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Sun Brunch for Lunch</u></p> <p>1. WG Pancakes 41 2. WG Waffles 35 3. Chef Salad 0 & Roll 16</p> <p>Apple Slices 18 & Sunbutter 7 Celery Sticks 0 1% or Skim Milk 12</p> <p><u>Breakfast</u> Yogurt 20 Skim Milk Cheese Stick 0 Apple 18 or Apple Juice 15 1% or Skim Milk 12</p>	<p>1. Cheeseburger 25 2. Hamburger 22 3. Chef Salad 0 & Roll 16</p> <p>Sweet Potato Fries 24 Sidekick’s Fruit Slushie 20 1% or Skim Milk 12</p> <p><u>Breakfast</u> Whole Grain Pancakes 41 Banana 18 1% or Skim Milk 12</p>	<p>1. WG Golden Chicken Nuggets 13 2. Chef Salad 0</p> <p>WG Golden Crackers 5 Rainbow Cole Slaw 19 Peaches 18 1% or Skim Milk 12</p> <p><u>Breakfast</u> Bagel 31 & Lite Cream Cheese 0 Raisins 32 1% or Skim Milk 12</p>	<p>1. WG Bosco Bread Stick 28 & Yogurt 20 2. WG Chili Mac 32 3. Romaine Chickpea Salad 0 & WG Roll 16</p> <p>Romaine Chickpea Salad 0 Pineapple Tidbits 20 1% or Skim Milk 12</p> <p><u>Breakfast</u> Oatmeal Raisin Bar 27 Fruit Juice 18 1% or Skim Milk 12</p>	<p>1. Real Pizzeria Pizza 31 2. WG Grilled Cheese 32 3. Chef Salad 0 & WG Grahams 17</p> <p>Baby Carrots 0 Pears 20 1% or Skim Milk 12</p> <p><u>Breakfast</u> Apple Cinnamon Muffin 29 Skim Milk Cheese Stick 0 Fruit Juice 18 1% or Skim Milk 12</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1. Popcorn Chicken 19 2. Sweet&Sour Chicken 32 w/ WG Roll 16 3. Chef Salad 0 & WG Roll 16</p> <p>Steamed Broccoli&Cheese4 Mandarin Oranges 20 1% or Skim Milk 12</p> <p><u>Breakfast</u> Whole Grain Waffle 35 Raisins 32 1% or Skim Milk 12</p>	<p>1. WG Macaroni & Cheese 48 2. WG Hawaiian Rollup Sandwich 15 3. Chef Salad 0 & WG Roll 16</p> <p>Sweet Peas 12 Watermelon Slice 13 1% or Skim Milk 12</p> <p><u>Breakfast</u> WG Poptart 74 Fruit Juice 18 1% or Skim Milk 12</p>	<p>1. WSDepot Café Calzone 37 2. Fiestada 42 3. Chef Salad 0 & WG Crackers 17</p> <p>Green Beans 4 Banana 18 1% or Skim Milk 12</p> <p><u>Breakfast</u> Bagel 31 & Lite Cream Cheese 0 Fruit Juice 18 1% or Skim Milk 12</p>	<p>1. Mini Corn Dogs 27 2. Beanie Weenies 17 & WG Grahams 17 3. Chicken Caesar Salad 4 & WG Grahams 17</p> <p>Cooked Carrots 6 Fruit Cocktail 18 1% or Skim Milk 12</p> <p><u>Breakfast</u> WG Frudel 36 Apple 18 or Apple Juice 15 1% or Skim Milk 12</p>	<p>1. Real Pizzeria Pizza 31 2. WG Tuna Roll Up 14 3. Romaine Chickpea Salad 0 & WG Roll 16</p> <p>Romaine Salad 0 Peaches 18 1% or Skim Milk 12</p> <p><u>Breakfast</u> Blueberry Muffin 29 Skim Milk Cheese Stick 0 Fruit Juice 18 1% or Skim Milk 12</p>

Half Day Class Act: Jimmy Johns Turkey Sub **42** / Mexican Bean (Football Fiesta) Salad = **41**

Meal Prices

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

MEALS ARE PRE-ORDERED

Look for WG = Whole Grain

Friday is Cookie Day
\$.60 for a cookie
\$1.00 for Milk and a Cookie

Menus are subject to change without Notice

WSD Food & Nutrition Services Help Desk

Questions: 248-682-0394 or BradyR01@wsdmi.org

Deposits & Account Info: www.sendmoneytoschool.com

Visit our Website:
waterford.k12.mi.us/foodservice

Nutrition Info: click on Nutrition Guide
Monthly Menus & Price Schedule: click on Menus & Pricing

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

Please make checks payable to: WSD – Food Services.
Return check fee is \$25.00 per item

Note: In the event that school is canceled, the menu choice from the first day that school was canceled will be served on the return-



Free and Reduced Applications

When submitting a free/reduced meal application, parents **WILL BE CHARGED** for meals until the eligibility process is complete. (This could take several weeks)

Only one application per family is needed. It doesn't matter if your children go to different schools.

Be sure to include **ALL** household members on application.

APPLYING AT WWW.LUNCHAPP.COM WILL GREATLY SHORTEN THE PROCESSING TIME.

Monday

1. Chicken Strips 10
2. WG Chicken Quesadilla 35
3. Chef Salad 0 & WG Roll 16

*Fresh Broccoli 6
Pineapple Tidbits 20
1% or Skim Milk 12*

Breakfast
Yogurt 20
WG Grahams 17
Apple 18 or Apple Juice 15
1% or Skim Milk 12

Tuesday

1. Hot Dog 25
2. Chili Dog 35
3. Chef Salad 0 & WG Roll 16

*Potato Smiles 20
Applesauce 22
1% or Skim Milk 12*

Breakfast
WG Cereal Bar 27
Skim Milk Cheese Stick 0
Raisins 32
1% or Skim Milk 12

Wednesday

1. Seasoned Beef & Bean Cheese Nacho 27
2. Chef Salad 0 & WG Roll 16

*Cucumber Slices 0
Peaches 18
1% or Skim Milk 12*

Breakfast
Bagel 31 & Lite Cream Cheese 0
Fruit Juice 18
1% or Skim Milk 12

Thursday

1. Chicken Dippers 14
2. Romaine Chickpea Salad 0

*WG Crackers 17
Sweet Tater Tots 23
Pears 20
1% or Skim Milk 12*

Breakfast
WG Oatmeal Raisin BeneFit Bar 27
Banana 18
1% or Skim Milk 12

Friday

1. Real Pizzeria Pizza 31
2. WG Grilled Cheese 32
3. Chef Salad 0 & WG Roll 16

*Carrots 0
Apple 18
1% or Skim Milk 12*

Breakfast
Assorted Muffins 29
Skim Milk Cheese Stick 0
Fruit Juice 18
1% or Skim Milk 12

Monday

Breakfast for Lunch

1. WG French Toast Sticks 45 w/Scrambled Eggs 0
2. WG Cereal 28 w/Scrambled Eggs 0
3. Chef Salad 0 & WG Roll 16

*Hash Brown Potatoes 16
Applesauce 22
1% or Skim Milk 12*

Breakfast
WG Frudel 36
Fruit Juice 18
1% or Skim Milk 12

Tuesday

1. WG Soft Shell Beef Taco 14
2. WG Vegetarian Chili Cheese Burrito 36
3. Chef Salad 0 & WG Roll 16

*Corn 16 or Cucumber Slices 0
Orange Wedges 21
1% or Skim Milk 12*

Breakfast
WG Pancakes 41
Apple 18 or Apple Juice 15
1% or Skim Milk 12

Wednesday

1. WG Pasta w/Meat Sauce 50
2. Beef Ravioli 30
3. Chef Salad 0

*Whole Grain Crackers 17
Fresh Broccoli 6
Peaches 18
1% or Skim Milk 12*

Breakfast
Bagel 31 & Lite Cream Cheese 0
Fruit Juice 18
1% or Skim Milk 12

Thursday

1. Chicken Tenders 15
2. Chicken Caesar Salad 4

*Whole Grain Roll 16
Peas & Carrots 16
Grapes 18
1% or Skim Milk 12*

Breakfast
WG Cereal Bar 27
Skim Milk Cheese Stick 0
Banana 18
1% or Skim Milk 12

Friday

1. Real Pizzeria Pizza 31
2. WG Tuna Roll Up 14
3. Romaine Chickpea Salad 0 & WG Roll 16

*Romaine Salad 0
Fruit Cocktail 18
1% or Skim Milk 12*

Breakfast
Apple Cinnamon Muffin 29
Skim Milk Cheese Stick 0
Fruit Juice 18
1% or Skim Milk 12

Monday

1. Chick-n-Dips 15
2. Sloppy Joe 24
2. Chicken Caesar Salad 4

*Whole Grain Crackers 17
Broccoli Raisin Salad 7
Pineapple Tidbits 20
1% or Skim Milk 12*

Breakfast
Whole Grain Waffle 35
Raisins 32
1% or Skim Milk 12

Tuesday

1. Pizza Bagel 40
2. Turkey Roll-up Sandwich 14
3. Chef Salad 0 & WG Roll 16

*Carrots 0
Grapes 18
1% or Skim Milk 12*

Breakfast
WG Poptarts 74
Fruit Juice 18
1% or Skim Milk 12

Wednesday

1. Turkey & Gravy & Whipped Potatoes 75
2. Chef Salad 0

*Whole Grain Roll 16
Orange Wedges 21
1% or Skim Milk 12*

Breakfast
Bagel 31 & Lite Cream Cheese 0
Fruit Juice 18
1% or Skim Milk 12

Thursday

1. Chicken Drum Stick 8 & WG Grahams 17
2. Beef Ribette Sandwich 34
3. Chicken Caesar Salad 4 & WG Grahams 17

*Baked Beans 29
Pears 20
1% or Skim Milk 12*

Breakfast
WG Oatmeal Raisin BeneFit Bar 27
Apple 18 or Apple Juice 15
1% or Skim Milk 12

Friday

1. Real Pizzeria Pizza 31
2. WG Grilled Cheese 32
3. Romaine Chickpea Salad 0 & WG Roll 16

*Romaine Salad 0
Apple 18
1% or Skim Milk 12*

Breakfast
Blueberry Muffin 29
Skim Milk Cheese Stick 0
Fruit Juice 18
1% or Skim Milk 12

