

Middle School Carb Count

“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)

MEAL PRICES

- Breakfast: 1.50
 - Add 2nd Entrée for \$.75 more
 - Lunch: 2.75
 - Add 2nd Entrée for \$1.25 more
 - Tubby’s Subs: \$3.00
- Great Breakfast choices available everyday in 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 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

Monday	Tuesday	Wednesday	Thursday	Friday
1. Meatballs & Marinara Sauce 10 w/ Whole Grain Roll 16 2. Real Pizzeria Pizza 31 Caesar Romaine Salad 0 Pineapple Tidbits 20 1% or Skim Milk 12	1. Seasoned Beef & Bean Cheese Nachos 27 2. Chicken Twister in Tortilla Shell 24 Cucumber Slices 0 Pears 20 1% or Skim Milk 12	1. Chicken Hani 24 2. Chicken Strips 10 WG Roll 16 Green Beans 4 Orange Wedges 21 1% or Skim Milk 12	1. Hamburger 22 or Cheeseburger 25 2. Chili Mac 32 & WG Crackers 5 Sweet Tater Tots 23 Peaches 18 1% or Skim Milk 12	1. Chicken Cheese Quesadilla 35 2. WG Bosco Pizza Sticks 62 Carrots 0 Apple 18 1% or Skim Milk 12
Asian Rice Bowls 1. Almondless Boneless Chicken 25 2. Sweet & Sour Chicken 35 3. Cook’s Choice Pizza 42 Fresh Broccoli 4 Mandarin Oranges 20 1% or Skim Milk 12	1. Two Whole Grain Tacos 28 2. WG Bean Burrito 36 Corn 16 Banana 18 1% or Skim Milk 12	Brunch for Lunch 1. Whole Grain Pancakes 41 or Waffles 35 w/ Sunbutter 7 2. Breakfast Pizza 24 Apple Slices 18 Watermelon 13 1% or Skim Milk 12	1. WG Pasta w/Meat Sauce 50 2. Chicken Dipper 14 Bread Stick 23 Caesar Romaine Salad 0 Pineapple Tidbits 20 1% or Skim Milk 12	1. Chicken Nuggets 13 & WG Roll 16 2. Meat Ball Sub 60 Sweet Potato Fries 24 Pears 20 1% or Skim Milk 12
1. Swedish Meatballs 8 & WG Roll 16 2. WG Hawaiian Rollup Sandwich 15 3. Real Pizzeria Pizza 31 Steamed Broccoli & Cheese 4 Cantalope 7 1% or Skim Milk 12	1. Tubby’s Sub Sandwich 41 2. Fiestada 42 Celery Sticks 0 Fruit Cocktail 18 1% or Skim Milk 12	1. Popcorn Chicken 19 & WG Roll 16 2. Chicken Popper Potato Bowl 48 Whipped Potatoes 22 & Gravy 5 Corn 16 Grapes 18 1% or Skim Milk 12	1. Two Hot Dogs 25 2. Sloppy Joe 24 Baked Beans 29 Banana 18 1% or Skim Milk 12	1. Macaroni & Cheese 48 / WG Roll 2. WG Clever Calzone 37 Peas & Carrots 16 Applesauce 22 1% or Skim Milk 12
1. Shepherds’ Pie 52 & WG Roll 16 2. Cook’s Choice Pizza 42 3. WG Tuna Rollup Sandwich 16 Peas 12 Pineapple Tidbits 20 1% or Skim Milk 12	1. Grilled Cheese Sandwich 32 2. Pizza Bagel 40 Tomato Soup 20 Peaches 18 1% or Skim Milk 12	Breakfast for Lunch 1. WG French Toast Sticks 45 or Cereal 28 Scrambled Eggs 0 2. Mini Corn Dogs 27 Hash Brown Potatoes 16 Orange Wedges 21 1% or Skim Milk 12	1. Chicken Nuggets 16 & WG Roll 16 2. WG Cheese Quesadilla 41 Whipped Sweet Potatoes 27 Applesauce 22 1% or Skim Milk 12	1. Foot Long Hot Dog w/Chilli 26 2. BBQ Ribette Sandwich 36 Baked Beans 29 Watermelon 13 1% or Skim Milk 12
1. Chicken Patty 26 2. Cook’s Choice Pizza 42 Baby Carrots 0 Apple 18 1% or Skim Milk 12	1. Chicken-N-Cheese Hoagie 36 2. Ravioli 30 & WG Roll 16 Fresh Broccoli 0 Peaches 18 1% or Skim Milk 12	1. WSD Famous Turkey & Gravy 53 2. Chicken Drumsticks 8 Whipped Potatoes 22 Roll 16 Pears 20 1% or Skim Milk 12	1. WG Bosco Bread Sticks 46 2. WG Bean Burrito 36 3. WG Chilito Burrito 36 Caesar Romaine Salad 0 Fruit Cocktail 18 1% or Skim Milk 12	1. Chicken Tenders 14 2. Turkey Rueben 28 Baked French Fries 21 Mandarin Oranges 20 1% or Skim Milk 12