

# Middle School Menus for September 2011

**Waterford  
School  
District**



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 2<sup>nd</sup> Entrée for \$.75 more
- Lunch: 2.75
  - Add 2<sup>nd</sup> 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](mailto:BradyR01@wsdmi.org)

Deposits & Account Info: [www.sendmoneytoschool.com](http://www.sendmoneytoschool.com)  
Questions regarding account transactions should reach us within 60 days of transaction.

Visit our Website: [waterford.k12.mi.us/foodservice](http://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
 <p>5</p>	<p>6</p> <p>Real Pizzeria Pizza</p> <p>Caesar Romaine Salad Pineapple Tidbits Milk</p> <p><b>Lunch served for 6<sup>th</sup> grade only</b></p>	<p>7</p> <p>1.Chicken Hani 2. Chicken Strips</p> <p>WG Roll Green Beans Orange Wedges Milk</p>	<p>8</p> <p>1.Hamburger or Cheeseburger 2.Chili Mac</p> <p>Sweet Tater Tots Peaches Milk</p>	<p>9</p> <p>1.Chicken Cheese Quesadilla 2.Bosco Pizza Sticks</p> <p>Carrots Apple Milk</p>
<p>12</p> <p><b>Asian Rice Bowls</b></p> <p>1.Almondless Boneless Chicken 2.Sweet &amp; Sour Chicken 3.Cook's Choice Pizza</p> <p>Fresh Broccoli Mandarin Oranges Milk</p>	<p>13</p> <p>1.Two Tacos 2.Chilito Burrito 3.Bean Burrito</p> <p>Corn Banana Milk</p>	<p>14</p> <p><b>Brunch for Lunch</b></p> <p>1.Whole Grain Pancakes or Waffles w/ Sunbutter 2.Breakfast Pizza</p> <p>Apple Slices Watermelon Milk</p>	<p>15</p> <p>1.Whole Grain Pasta w/Meat Sauce &amp; Bread Stick 2. Chicken Dipper</p> <p>Caesar Romaine Salad Pineapple Tidbits Milk</p>	<p>16</p> <p>1.Chicken Nuggets &amp; Roll 2. Meatball Sub</p> <p>Sweet Potato Fries Pears Milk</p>
<p>19</p> <p>1. Swedish Meatballs &amp; Roll 2.Real Pizzeria Pizza</p> <p>Steamed Broccoli &amp; Cheese Cantalope Milk</p>	<p>20</p> <p><b>Farm to School Day</b></p> <p>1. Michigan Cherry Burgers 2.Tubby's Original Sub Sandwich</p> <p>Farm Fresh Cucumbers Farm Fresh Apple Milk</p>	<p>21</p> <p><b>Half Day No Lunch</b></p>	<p>22</p> <p>1. Popcorn Chicken 2.Sloppy Joe</p> <p>Baked Beans Banana Milk</p>	<p>23</p> <p>1.Macaroni &amp; Cheese &amp; Roll 2.Clever Calzone</p> <p>Peas &amp; Carrots Applesauce Milk</p>
<p>26</p> <p>1.Shephards' Pie 2.Cook's Choice Pizza</p> <p>Peas Pineapple Tidbits Milk</p>	<p>27</p> <p>1.Grilled Cheese Sandwich 2.Pizza Bagel</p> <p>Tomato Soup Peaches Milk</p>	<p>28</p> <p><b>Breakfast for Lunch</b></p> <p>1.Three French Toast Sticks or Cereal Scrambled Eggs 2.Mini Corn Dogs</p> <p>Hash Brown Potatoes Orange Wedges Milk</p>	<p>29</p> <p>1.Chicken Nuggets &amp; Roll 2.Cheese Quesadilla</p> <p>Whipped Sweet Potatoes Applesauce Milk</p>	<p>1. Foot Long Hot Dog w/Chilli 2.BBQ Ribette Sandwich</p> <p>Baked Beans Watermelon Milk</p>

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