

Select all Five Meal components for maximum nutritional value
Milk only = .75

NOVEMBER 2022

WATERFORD SCHOOLS K-8

2nd MEAL PRICES
Elementary \$3.25
CLMS \$3.50
Adult Meal \$5.00

NOTICE: Waterford has opted in to SMART funds which will provide breakfast and lunch at no cost to all students at the beginning of the school year. Meals at no cost are unlikely to last all year and are subject to the availability of district funds. Please submit a Free/ Reduced application in anticipation of all funds being expended.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Italian Dipper breadsticks Meatballs in marinara sauce Steamed Broccoli Chilled Diced pears Ice cold Milk	2 "Brunch for Lunch" French toast sticks Hash brown patty Sausage links Milk Mango -wango juice Applesauce	3 Beef Tacos Salsa Cup Seasoned Rice Black beans Corn Fresh Orange Ice cold Milk	4 Pizza Square Garden Salad Baby carrots with ranch Fresh Apple Ice Cold Milk
7 Cheesy-pull-a-parts Marinara sauce cup Broccoli & Grape Tomatoes Ranch Dressing Diced peaches Ice Cold Milk	8 PROFESSIONAL DEVELOPMENT DAY No School	9 Chicken & waffles Maple syrup cup Potato puffs Cinnamon carrots Apple juice Ice Cold Milk	10 Pizza Crunchers Marinara sauce cup Spinach Salad Fresh fruit choice Ice Cold Milk	11 School Holiday
14 Chicken patty on a Roll Crispy Oven Fries Steamed Broccoli Apple Ice Cold Milk	15 Pasta with meat sauce Green beans Garlic bread Diced pears Ice cold Milk	16 Hotdog on a WG Roll Baked beans Sweet Potato Fries Fresh Orange Ice Cold Milk	17 "Holiday Dinner" Turkey & gravy Mashed potatoes Peas Dinner Roll Applesauce Milk	18 Mozzarella sticks Marinara dipping cup Golden corn Diced peaches Dinner Roll Milk
21 Cheeseburger on a Roll Sweet potato tots Lettuce & tomato Sidekick Ice Cold milk	22 Pizza Square Fresh broccoli Cucumber slices Ranch Dip Fresh Apple Milk	23 School Holiday	24 Happy Thanksgiving!	25 School Holiday
28 "NEW" Teriyaki Dumplings Fried rice Steamed Broccoli Mandarin oranges Ice cold milk	29 Beef & Cheese Nachos Fiesta Black beans Golden Corn Salsa Pineapple tidbits Ice cold Milk	30 Crispy Chicken Tenders Oven Fries Peas Dinner Roll Craisins Applesauce cup Ice Cold milk		



All grain based items offered at lunch are whole-grain rich which means that at least 50% of the grains in the item are whole grain (WG), all other grains are enriched