

Warren Consolidated Schools High School Lunch Menu  
2018/2019 School Year

Cousino - Sterling Heights High School - Warren Mott



Reduced Price Lunch : \$.40 Lunch price: \$3.25

**Everyday entrée choices:**

*Whole Grain Bosco Sticks w/ Marinara Sauce, Breaded Chicken Patty Sandwich, Grilled Chicken Sandwich, Spicy Chicken Sandwich, Fish Sandwich, Hamburger, Cheeseburger, Veggie Burger, Variety of Pizzas, Popcorn Chicken, Variety of Entrée Size Salads, and a Variety Pre-made Sub Sandwiches, Mediterranean Hummus Plater, Tuna Salad Sandwiches, and Egg Salad Sandwiches*

**Also Served Daily:**

*Large variety of fresh fruits and vegetables, side salads, 100% fruit juices, Fat Free Chocolate Milk, Fat Free White Milk, and 1% Milk*

**Daily Soup Specials:**

*Monday: Broccoli Cheese Soup - Tuesday: Taco Soup - Wednesday: Vegetable Soup - Thursday: Chili - Friday: Potato Soup*

**We follow a three week cycle menu for lunches to help control food costs, while at the same time providing a large selection for our students to choose from. PLEASE LOOK AT WEEK START DAYS TO DETERMINE WHICH MENU WILL BE FOLLOWED.**

**WEEK ONE**

*Served the weeks that begin on dates as followed:*

Sept 3, Sept 24, Oct 15, Nov 5,  
Nov 26, Dec 17, Jan 21,  
Feb 11, March 11, April 8,  
April 29, May 20, June 10

**Monday:** Chicken & Veggie Stir Fry with Rice, Swedish Meatball over Noodles, Nachos & Cheese, Meat & Cheese Nachos, Tacos, Bean Burrito, **Roasted Carrots & Parsnips, Sweet Potato Fries**, Key West Blend Vegetables, Whole Wheat Rolls, Chicken Tender Ranch Sub

**Tuesday:** Cheese Ravioli, Chicken Enchiladas made w/ Black Beans & Rice, Nachos & Cheese, Chicken Shawarma Bowl or Wrap, Baked Potato, **Refried Beans**, Seasoned Green Beans, Whole Wheat Rolls, Grilled Chicken on Pretzel Bun with choice of Tomato Pesto Mayo

**Wednesday:** Chicken Broccoli Casserole, Chicken Parmesan and Noodles, Nachos & Cheese, Meat & Cheese Nachos, Tacos, Bean Burrito, Oven Baked Fries or Potato Wedges, **Chickpea** & Tomato Salad, California Blend Veggies, Whole Wheat Rolls, Chicken Teriyaki Sub

**Thursday:** Popcorn Chicken Bowls, Nachos & Cheese, Chicken Shawarma Bowl or Wrap, Whole Wheat Rolls, Mashed Potatoes, Corn, **Seasoned Broccoli**, Apple Crisp, Wild Thing Sub

**Friday:** Inside Out Burger Bar, Cheese Quesadillas, Nachos & Cheese, Meat & Cheese Nachos, Tacos, Bean Burrito, **Sweet Potato Fries**, Seasoned Peas & **Carrots**, Whole Wheat Rolls, Spicy Chicken Wrap

## WEEK TWO

*Served the weeks that begin on dates as followed:*

Sept 10, Oct 1, Oct 22, Nov 12,  
Dec 3, Jan 7, Jan 28,  
Feb 25, March 18, April 15,  
May 6, May 27

**Monday:** Sweet & Sour Chicken with Rice, Kentucky Chicken Breast over Vegetable Blend , Nachos & Cheese, Meat & Cheese Nachos, Tacos, Bean Burrito **Steamed Carrots**, Malibu Blend Vegetables , **Sweet Potato Fries**, Whole Wheat Rolls, Ham & Swiss Boom Boom Sub

**Tuesday:** Oven Baked Chicken, Chicken & Cheese Quesadillas, Nachos & Cheese, Chicken Shawarma Bowl or Wrap, Ranch Potato Bake or Baked Potato, **Carrot Raisin Salad**, **Vegetarian Baked Beans**, Whole Wheat Rolls, Honey of Chicken Pita

**Wednesday:** Pasta Bar, Turkey Stuffed Peppers, Nachos & Cheese, Meat & Cheese Nachos, Tacos, Bean Burrito, Oven Baked Fries or Potato Wedges, **Seasoned Broccoli**, Whole Wheat Rolls, Philly Steak & Cheese Sub

**Thursday:** Popcorn Chicken Bowls, or Meatballs & Gravy, Nachos & Cheese, Chicken Shawarma Bowl or Wrap, Whole Wheat Rolls, Mashed Potatoes, Corn, Seasoned Green Beans, Apple Crisp, Italian Subs

**Friday:** Hot Dog Bar, Meatloaf, Nachos & Cheese, Meat & Cheese Nachos, Tacos, Bean Burrito, **Sweet Potato Fries**, Roasted Mixed Veggies, Whole Wheat Rolls, Chicken Tender sub

## WEEK THREE

*Served the weeks that begin on dates as followed:*

Sept 17, Oct 8, Oct 29, Nov 19,  
Dec 10, Jan 14, Feb 4,  
March 4, March 25, April 22,  
May 13, June 3

**Monday:** Teriyaki Beef Dipper Bowl, Chipotle Chicken over a vegetable blend, Nachos & Cheese, Meat & Cheese Nachos, Tacos, Bean Burrito, **Baked Squash**, **Sweet Potato Fries**, **Count the Bean Salad**, Whole Wheat Rolls, Key West Vegetable Blend, Chicken Teriyaki Sub

**Tuesday:** General Tso Chicken, BBQ Korean Chicken, Brown Rice, Nachos & Cheese, Chicken Shawarma Bowl or Wrap, Au Gratin Potatoes or Baked Potato, **Pickled Beets**, Far East Vegetable Blend, Whole Wheat Rolls, Chicken Caesar Wrap

**Wednesday:** Lasagna w/ Meat Sauce, BBQ Pulled Chicken or Pork Sandwich, Nachos & Cheese, Meat & Cheese Nachos, Tacos, Bean Burrito, Oven Baked Fries or Potato Wedges, Seasoned Green Beans, Whole Wheat Rolls, Grilled Slim Jim Sub

**Thursday:** Popcorn Chicken Bowls, Nachos & Cheese, Chicken Shawarma Bowl or Wrap, Whole Wheat Rolls, Mashed Potatoes, Corn, **Seasoned Broccoli**, Apple Crisp, Turkey Bacon Club

**Friday:** Macaroni & Cheese Bar, Chicken Fajitas, Nachos & Cheese, Meat & Cheese Nachos, Tacos, Bean Burrito, **Sweet Potato Fries**, Malibu Blend Vegetables, Whole Wheat Rolls, Honey of Chicken Pita

**Ala carte items are also sold during lunch. All items sold are Smart Snack Compliant. Choose from a variety of drinks, baked chips, ice cream, and much more. If monies are owed on a student's account, ala carte will not be sold to the student.**

**A complete meal at a high school includes an entrée, up to 1 cup of fruits , up to 1 cup of vegetables, and a choice a milk.**

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