

# MIDDLE SCHOOL \* NOV '17

A nourished student is a learning student!

This institution is an equal opportunity provider.



Breakfast	\$1.75
Lunch	\$3.00
Milk	\$0.60

**Sun**



**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

1  
Bosco Sticks & **Tomato**  
Dipping Sauce  
Or  
Oven Roasted BBQ Chicken

Michigan Potatoes

Italian Style Green Beans

8  
Bosco Sticks & **Tomato**  
Dipping Sauce  
Or  
2 for 1 Chicken Fajitas On Ultra Grain Tortillas

Black Bean Confetti Salad  
**Pickled Beets**  
Mini Fruit Parfaits

15  
**Thanksgiving Lunch**  
Roasted Turkey with Gravy **Mashed Potatoes**  
Garnished with Parsley Flakes  
Whole Wheat Dinner Roll

Seasoned Green Beans  
Blueberry Parfait  
Pumpkin Pudding

2 Pasta Buffet  
Rotini Pasta with Home Made Meat Sauce  
Or  
Alfredo Sauce

Pasta Served with a Whole Grain Roll

**Dill Seasoned Carrots**  
Pumpkin Pudding

9  
Popcorn Chicken Bowls  
Or  
Hot Ham and Cheese on a Pretzel Bun

**Parmesan Roasted Onions and Broccoli**

Seasoned Corn

16  
Whole Wheat Beef Fiestada  
Or  
Boneless Hot & Spicy Chicken Wings with a Whole Grain Roll

**Seasoned Broccoli**

**Sweet Potato with Marshmallows**

3  
Buffalo Chicken Pizza  
Or  
Fish Sandwich  
Or  
Garlic Cheese Bread with a Roll

**Seasoned Corn**

Mini Banana Split

10  
**1/2 Day Breakfast Service Only**

17  
General Tso's Chicken served w/ Brown Rice  
Or  
Fish Sandwich

Creamy Coleslaw

Asian Vegetable Blend

Fruited Jello

**Also Offered Daily:**  
Salad bar, cold sandwiches, chicken sandwiches, spicy chicken sandwiches hamburgers, and pizza.

Try any of our assorted fresh fruits and vegetables offered daily.

**A complete lunch consists of one entrée, up to two sides, and choice of milk. A serving of a fruit or vegetable is a required**

*Have a Healthy and Safe Break*



**HIRING**  
WCS NUTRITION SERVICES IS LOOKING FOR A FEW GOOD EMPLOYEES TO FULFILL OUR NEED FOR SUBSTITUTE CAFETERIA HELPERS. APPLY ONLINE TODAY!

Call Nutrition Services at 586.698.4158 to express your interest in employment.

6  
Hot & Spicy Chicken Tenders  
Whole Grain Breadstick  
Or  
Meat & Cheese Nachos with **Salsa & Sour Cream**

Seasoned Corn  
Strawberry Kiwi Slushies

13  
2 for 1 Reduced Fat Beef Tacos on Ultragrain Tortillas with **Salsa & Sour Cream**  
Or  
Spicy Chicken Sandwich

Refried Beans

**Marinated Cherry Tomato Salad**

20  
Whole Grain Chicken or Cheese Quesadillas With **Salsa & Sour Cream**  
Or  
Baked Italian Sub  
**Steamed Broccoli**

27  
Hot & Spicy Chicken Tenders  
Whole Grain Breadstick  
Or  
Meat & Cheese Nachos with **Salsa & Sour Cream**

Seasoned Corn  
Strawberry Kiwi Slushies

7  
**Election Day No School**

14 **Taco Salad Tuesday**  
Oven Baked Calzones  
Or  
Philly Steak & Cheese Sub

**Oven Baked Fries**

Chickpea & Tomato Salad  
Applesauce Mousse

21  
**1/2 Day Breakfast Service Only**

28 **Taco Salad Tuesday**  
Whole Grain Mini Chicken Corn Dogs  
Or  
Mexican Rice Bowl  
**Salsa & Sour Cream**

Refried Beans

**Tomato & Cucumber Salad**

29  
Bosco Sticks & **Tomato**  
Dipping Sauce  
Or  
2 for 1 Chicken Fajitas On Ultra Grain Tortillas

Black Bean Confetti Salad  
**Pickled Beets**  
Mini Fruit Parfaits

30  
Popcorn Chicken Bowls  
Or  
Hot Ham and Cheese on a Pretzel Bun

**Parmesan Roasted Onions and Broccoli**

Seasoned Corn

12/1  
Buffalo Chicken Pizza  
Or  
Fish Sandwich  
Or  
Garlic Cheese Bread with a Roll

**Dill Seasoned Carrots**

Mini Banana Split