

MIDDLE SCHOOL * FEB 18

A nourished student is a learning student!



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

This institution is an equal opportunity provider.

Sun

Mon

Tue

Wed

Thu

Fri

Sat



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.

5 Whole Grain Chicken or Cheese Quesadillas With Salsa & Sour Cream Or Baked Italian Sub

Oven Roasted Broccoli

12 Hot & Spicy Chicken Tenders With a Whole Grain Breadstick Or Meat & Cheese Nachos with Salsa & Sour Cream

Refried Beans

Fruit Parfait

26 Whole Grain Mini Chicken Corn Dog with a Dinner Roll Or Spicy Chicken Sandwich

Vegetarian Baked Beans

Marinated Cherry Tomato Salad

6 **Taco Salad Tuesday** Whole Grain Breaded Chicken Nuggets with a Bread Stick Or All Beef Hot Dog On a Whole Wheat Bun Served with a Dinner Roll

Oven Baked Fries

Vegetarian Baked Beans

13 **Taco Salad Tuesday** Hot Ham & Cheese on a Pretzel Bun Or Pulled BBQ Chicken on Whole Wheat Hamburger Bun

Tomato & Cucumber Salad

Seasoned Peas & Carrots

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

Oven Baked Fries

Cinnamon Applesauce

7 Bosco Sticks & Tomato Dipping Sauce Or Honey BBQ Beef Rib Sandwich

Seasoned Corn

Italian Style Green Beans

14 **Valentine's Day** Bosco Sticks & Tomato Dipping Sauce Or Whole Wheat Macaroni & Cheese with A Dinner Roll

Pickled Beets

Oven Roasted Broccoli

Valentine's Day Heart Cookie

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

Oven Roasted Broccoli

Seasoned Corn

Blueberry Parfait

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

Seasoned Green Beans

Sweet Potato with Marshmallows

8 **Winter Olympics** In PyeongChang, S. Korea

Oven Roasted Korean BBQ Chicken served with 2 Dinner Rolls Or Korean Beef Rice Bowl with a Dinner Roll

Hockey Celery Sticks

Spicy Korean Carrots

Ice Skating Strawberry Kiwi Slushies

15 **Chinese New Year** Year of the Dog

General Tso's Chicken served w/ Brown Rice & a Dinner Roll

Asian Vegetable Blend

Mandarin Oranges

Fortune Cookie

2 Oven Baked Meatball Subs or Fish Sandwich

Creamy Coleslaw

Baked Potato Half

Fruited Jello

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

Seasoned Peas & Carrots

Mini Banana Split



16 **1/2 Day Breakfast Service Only**



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



Winter Break
Feb 19—23

Have a Safe & Healthy Break