

MIDDLE SCHOOL * NOV '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.

NOVEMBER



5 Hot & Spicy Chicken Tenders w/ Whole Grain Breadstick Or Oven Baked Meatball Subs
Seasoned Corn
Fruit Parfait

12 Oven Baked Calzones Or Philly Steak & Cheese Sub
Oven Roasted Broccoli
Fruited Jello

19 Bosco Sticks & **Tomato** Dipping Sauce
Assorted Vegetables and Fruits
Cool Tropics 100% Juice Slushie

26 Whole Grain Chicken or Cheese Quesadillas With **Salsa** & Sour Cream Or All Beef Hot Dog On a Whole Wheat Bun
Vegetarian Baked Beans
Baked Potato Half

6 **Election Day**
No School
★ ★ ★ ★ ★
VOTE
★ ★ ★ ★ ★

13 **Taco Salad Tuesday**
Popcorn Chicken Bowl Served with 2 Dinner Rolls
Seasoned Corn
Fresh Cherry Tomatoes

20 **1/2 Day Breakfast Service Only**

27 **Taco Salad Tuesday**
Whole Grain Breaded Chicken Nuggets with a Bread Stick Or Baked Italian Sub
Steamed Broccoli

7 Bosco Sticks & **Tomato** Dipping Sauce Or Hot Ham and Cheese on a Pretzel Bun
Oven Roasted Broccoli
Spiced Apples

14 **Thanksgiving Lunch**
WCS Made Oven Roasted Turkey w/ Mashed Potatoes & Low Sodium Gravy
Green Bean Casserole
Pumpkin Pudding

Have a Healthy and Safe Break

1 **Pasta Buffet**
Whole Wheat Rotini Pasta with Meat Sauce served with 2 Whole Grain Rolls Or Whole Grain Mac & Cheese Served with 1 Whole Grain Roll
Italian Style Green Beans

8 **Walking Taco**
Choose Your Toppings: Beef Taco Meat, **Salsa**, Shredded Lettuce and Cheddar Cheese, & Sour Cream
Black Bean Confetti Salad

15 2 for 1 Reduced Fat Beef Tacos on Ultragrain Tortillas with **Salsa** & Sour Cream Or Boneless Hot & Spicy Chicken Wings with a Dinner Roll
Refried Beans

28 Bosco Sticks & **Tomato** Dipping Sauce Or Whole Wheat Beef Fiestada
Carrots & Corn
Fruited Jello

2 Buffalo Chicken Pizza Or Fish Sandwich Or Grilled Cheese Sandwich
Dill Seasoned Carrots
Mini Banana Split

9 **1/2 Day Breakfast Service Only**

16 Buffalo Chicken Pizza Or Fish Sandwich Or Garlic Cheese French Bread
Orange Glazed Sweet Potatoes



29 Chicken Alfredo Served with 1 Whole Grain Dinner Roll
Italian Style Green Beans
Korean BBQ Chicken Served with Vegetable Fried Brown Rice and a Dinner Roll Or Fish Sandwich
Far East vegetable Blend

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 component of complete lunch.

