

COMMUNITY HIGH * SEPT '17

A nourished student is a learning student!

This institution is an equal opportunity provider.



Breakfast	\$1.75
Lunch	\$3.25
Milk	\$0.60

Sun



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.

Mon

4

Labor Day Weekend

11

2 for 1 Reduced Fat Beef Tacos on Ultragrain Tortillas with Salsa & Sour Cream
Refried Beans
Marinated Cherry Tomato Salad

18

All Beef Hot Dog On a Whole Wheat Bun
Vegetarian Baked Beans
Oven Fries

25

Hot & Spicy Chicken Tenders Whole Grain Breadstick
Seasoned Peas & Carrots
Strawberry Kiwi Slushies

Tue

5

1/2 Day Breakfast Service Only



12

Philly Steak & Cheese Sub
Seasoned Green Beans
Chickpea & Tomato Salad Applesauce Mousse

19

Whole Grain Breaded Chicken Nuggets with a Bread Stick
Steamed Broccoli
Seasoned Peas

26

Whole Grain Mini Chicken Corn Dogs
Tomato & Cucumber Salad
Seasoned Green Beans

Wed

6

Whole Wheat Macaroni & Cheese with a Whole Grain Roll
Black Bean Confetti Salad
Pickled Beets
Mini Fruit Parfaits

13

Bosco Sticks & Tomato Dipping Sauce
Oven Roasted Broccoli
Seasoned Corn
Blueberry Parfait

20

Honey BBQ Beef Rib Sandwich
Carrots & Corn
Italian Style Green Beans

27

Whole Wheat Macaroni & Cheese with a Whole Grain Roll
Black Bean Confetti Salad
Pickled Beets
Mini Fruit Parfaits

Thu

7

Popcorn Chicken Bowls
Parmesan Roasted Onions and Broccoli
Seasoned Corn

14

Boneless Hot & Spicy Chicken Wings with a Whole Grain Roll
Oven Baked Fries
Sweet Potato with Marshmallows

21

Chicken Fajitas On Tortilla
Seasoned Corn
Pumpkin Pudding

28

Hot Ham and Cheese on a Pretzel Bun
Parmesan Roasted Onions and Broccoli
Seasoned Corn

Fri

8

Buffalo Chicken Pizza
Dill Seasoned Carrots
Mini Banana Split

15

Oven Baked Meatball Subs
Creamy Coleslaw
Baked Potato Half
Fruited Jello

22

1/2 Day Breakfast Service Only

29

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

Sat

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