

COMMUNITY HIGH * NOV. '18

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

5

Whole Grain Breaded Hot & Spicy Chicken Tenders

Served with a Whole Grain Breadstick

Seasoned Corn

12

Whole Grain Mac & Cheese served with a Dinner Roll

Seasoned Broccoli

19

Bosco Sticks & Tomato Dipping Sauce

Assorted Fresh Vegetables and Fruits

Cool Tropics 100% Juice Slushie

26

All Beef Hot Dog On a Whole Wheat Bun

Vegetarian Baked Beans

Mon

Tue

6

Election Day

No School

★ ★ ★ ★ ★

VOTE

★ ★ ★ ★ ★

13

Meat & Cheese Nachos with Salsa & Sour Cream

Refried Beans

20

1/2 Day Breakfast Service Only

27

Whole Grain Chicken or Cheese Quesadillas with Salsa and Sour Cream

Oven Roasted Broccoli

Wed

7

Bosco Sticks & Tomato Dipping Sauce

Chickpea & Cherry Tomato Salad

Fruit Parfait

14

Thanksgiving Lunch
WCS Made Oven Roasted Turkey w/ Mashed Potatoes & Low Sodium Gravy

Seasoned Green Beans

Fruit Parfait

28

Bosco Sticks & Tomato Dipping Sauce

Seasoned Corn

Fruited Jello

Thu

1

Whole Wheat Rotini Pasta with Meat Sauce served with 2 Whole Grain Rolls

Seasoned Green Beans

Pumpkin Pudding

8

Honey BBQ Beef Rib Sandwich

Parmesan Roasted Onions and Broccoli

15

Whole Wheat Beef Fiestada

Sweet Potato with Marshmallows

29

Whole Wheat Rotini Pasta with Meat Sauce served with 2 Whole Grain Rolls

Seasoned Green Beans

Fri

2

Buffalo Chicken Pizza Or Fish Sandwich

Creamy Coleslaw

9

1/2 Day Breakfast Service Only

16

Fish Sandwich Or Garlic Cheese French Bread

Seasoned Carrots

Mini Banana Split

30

Buffalo Chicken Pizza Or Fish Sandwich

Dilled Seasoned Carrots

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 component of complete lunch.



Have a Healthy and Safe Break