

COMMUNITY HIGH * FEB 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

Mon

Tue

Wed

Thu

Fri

Sat



5 Whole Grain Chicken or Cheese Quesadillas With **Salsa & Sour Cream**

Oven Roasted Broccoli

12 Hot & Spicy Chicken Tenders With a Whole Grain Breadstick

Seasoned Peas & Carrots

Fruit Parfait

6 All Beef Hot Dog On a Whole Wheat Bun Served with a Dinner Roll

Oven Baked Fries

Vegetarian Baked Beans

13 Hot Ham & Cheese on a Pretzel Bun

Vegetarian Baked Beans

Dill Seasoned Carrots

7 Bosco Sticks & **Tomato** Dipping Sauce

Dill Seasoned Carrots

Italian Style Green Beans

14 **Valentine's Day** Bosco Sticks & **Tomato** Dipping Sauce

Oven Roasted Broccoli

Pink Strawberry Applesauce Mousse

1 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

Hockey Celery Sticks

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

Fruited Jello

9 Buffalo Chicken Pizza Or Fish Sandwich

Seasoned Peas

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 component of complete lunch.

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.



Winter Break
Feb 19—23

Have a Safe & Healthy Break

26 Whole Grain Mini Chicken Corn Dog with a Dinner Roll

Vegetarian Baked Beans

27 Philly Steak & Cheese Sub

Oven Baked Fries

Cinnamon Applesauce

28 Bosco Sticks & **Tomato** Dipping Sauce

Parmesan Roasted Onions & Broccoli

Seasoned Corn

Blueberry Parfait