

MIDDLE SCHOOL * DEC '17

A nourished student is a learning student!

This institution is an equal opportunity provider.



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

Sun

Mon

Tue

Wed

Thu

Fri

Sat



4

2 for 1 Reduced Fat Beef Tacos on Ultragrain Tortillas with Salsa & Sour Cream Or Pulled BBQ Chicken on Whole Wheat Bun
Refried Beans
Marinated Cherry Tomato Salad

11

Whole Grain Chicken or Cheese Quesadillas With Salsa & Sour Cream Or Baked Italian Sub
Steamed Broccoli
Seasoned Peas

18

Oven Roasted BBQ Chicken served w. WG Dinner Rolls
Cook's Choice (Kitchens will be putting out a variety of entrees to use up product in their freezers before the extended break)
Oven Roasted Mixed Veggies
Cherry Slushie Treat

5

Taco Salad Tuesday
Oven Baked Calzones Or Philly Steak & Cheese Sub
Oven Baked Fries
Applesauce Mousse

12 **Taco Salad Tuesday**

Whole Grain Breaded Chicken Nuggets with a Bread Stick Or All Beef Hot Dog On a Whole Wheat Bun
Oven Baked Fries
Vegetarian Baked Beans

19

Half Day Breakfast Only

6

Grilled Cheese Or Hot Ham & Cheese on a Pretzel Bun
WCS made Tomato Soup
Seasoned Green Beans
Blueberry Parfait

13

Bosco Sticks & Tomato Dipping Sauce Or Honey BBQ Beef Rib Sandwich
Dill Seasoned Carrots
Italian Style Green Beans

7

Whole Wheat Beef Fiestada Or Boneless Hot & Spicy Chicken Wings with a Whole Grain Roll
Oven Roasted Broccoli
Sweet Potato with Marshmallows

14 **Pasta Buffet**

Rotini Pasta with Home Made Meat Sauce Or Alfredo Sauce
Seasoned Corn
Pumpkin Pudding

8

Oven Baked Meatball Subs Or Fish Sandwich
Creamy Coleslaw
Baked Potato Half
Fruited Jello

15

General Tso's Chicken served w/ Brown Rice Or Fish Sandwich
Peas & Carrots
Asian 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.



Have a Safe and Healthy Break!

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.