

**Warren Consolidated Schools High School Lunch Menu
2017/2018 School Year**

Cousino - Sterling Heights High School - Warren Mott



Reduced Price Lunch : \$.40 Lunch price: \$3.25

Everyday entrée choices:

Whole Grain Bosco Sticks w/ Marinara Sauce, Breaded Chicken Patty Sandwich, Grilled Chicken Sandwich, Spicy Chicken Sandwich, Fish Sandwich, Hamburger, Cheeseburger, Veggie Burger, Variety of Pizzas, Popcorn Chicken, Variety of Entrée Size Salads, and a Variety Pre-made Sub Sandwiches, Mediterranean Hummus Plater, Tuna Salad Sandwiches, and Egg Salad Sandwiches

Also Served Daily:

Large variety of fresh fruits and vegetables, side salads, 100% fruit juices, Fat Free Chocolate Milk, Fat Free White Milk, and 1% Milk

Daily Soup Specials:

Monday: Broccoli Cheese Soup - Tuesday: Taco Soup - Wednesday: Vegetable Soup - Thursday: Chili - Friday: Potato Soup

We follow a three week cycle menu for lunches to help control food costs, while at the same time providing a large selection for our students to choose from. PLEASE LOOK AT WEEK START DAYS TO DETERMINE WHICH MENU WILL BE FOLLOWED.

WEEK ONE

*Served the weeks that begin on
dates as followed:*

Sept 18, Oct 9, Oct 30, Nov 20,
Dec 11, Jan 15, Feb 5, March 5,
March 26, April 23, May 14,
June 1

Monday: Chicken & Veggie Stir Fry with Rice, Swedish Meatball over Noodles, Nachos & Cheese, Meat & Cheese Nachos, Tacos, Bean Burrito, **Roasted Carrots & Parsnips, Sweet Potato Fries**, Key West Blend Vegetables, Whole Wheat Rolls, Chicken Tender Ranch Sub

Tuesday: Cheese Ravioli, Chicken Enchiladas made w/ Black Beans & Rice, Nachos & Cheese, Chicken Shawarma Bowl or Wrap, Baked Potato, **Refried Beans**, Seasoned Green Beans, Whole Wheat Rolls, Grilled Chicken on Pretzel Bun with choice of Tomato Pesto Mayo

Wednesday: Chicken Broccoli Casserole, Chicken Parmesan and Noodles, Nachos & Cheese, Meat & Cheese Nachos, Tacos, Bean Burrito, Oven Baked Fries or Potato Wedges, **Chickpea** & Tomato Salad, California Blend Veggies, Whole Wheat Rolls, Chicken Teriyaki Sub

Thursday: Popcorn Chicken Bowls, Nachos & Cheese, Chicken Shawarma Bowl or Wrap, Whole Wheat Rolls, Mashed Potatoes, Corn, **Seasoned Broccoli**, Apple Crisp, Wild Thing Sub

Friday: Inside Out Burger Bar, Cheese Quesadillas, Nachos & Cheese, Meat & Cheese Nachos, Tacos, Bean Burrito, **Sweet Potato Fries**, Seasoned Peas & **Carrots**, Whole Wheat Rolls, Spicy Chicken Wrap

WEEK TWO

Served the weeks that begin on dates as followed:

Sept 4, Sept 25, Oct 16, Nov 6,
Nov 27, Dec 18, Jan 22, Feb 12,
Mar 12, Apr 9, April 30, May 21,
June 11

Monday: Sweet & Sour Chicken with Rice, Kentucky Chicken Breast over Vegetable Blend , Nachos & Cheese, Meat & Cheese Nachos, Tacos, Bean Burrito **Steamed Carrots**, Malibu Blend Vegetables , **Sweet Potato Fries**, Whole Wheat Rolls, Ham & Swiss Boom Boom Sub

Tuesday: Oven Baked Chicken, Chicken & Cheese Quesadillas, Nachos & Cheese, Chicken Shawarma Bowl or Wrap, Ranch Potato Bake or Baked Potato, **Carrot Raisin Salad**, **Vegetarian Baked Beans**, Whole Wheat Rolls, Honey of Chicken Pita

Wednesday: Pasta Bar, Turkey Stuffed Peppers, Nachos & Cheese, Meat & Cheese Nachos, Tacos, Bean Burrito, Oven Baked Fries or Potato Wedges, **Seasoned Broccoli**, Whole Wheat Rolls, Philly Steak & Cheese Sub

Thursday: Popcorn Chicken Bowls, or Meatballs & Gravy, Nachos & Cheese, Chicken Shawarma Bowl or Wrap, Whole Wheat Rolls, Mashed Potatoes, Corn, Seasoned Green Beans, Apple Crisp, Italian Subs

Friday: Hot Dog Bar, Meatloaf, Nachos & Cheese, Meat & Cheese Nachos, Tacos, Bean Burrito, **Sweet Potato Fries**, Roasted Mixed Veggies, Whole Wheat Rolls, Chicken Tender sub

WEEK THREE

Served the weeks that begin on dates as followed:

Sept 11, Oct 2, Oct 23, Nov 13,
Dec 4, Jan 3, Jan 29, Feb 26,
Mar 19, Apr 16, May 28

Monday: Teriyaki Beef Dipper Bowl, Chipotle Chicken over a vegetable blend, Nachos & Cheese, Meat & Cheese Nachos, Tacos, Bean Burrito, **Baked Squash**, **Sweet Potato Fries**, **Count the Bean Salad**, Whole Wheat Rolls, Key West Vegetable Blend, Chicken Teriyaki Sub

Tuesday: General Tso Chicken, Tangy Glazed Meatballs, Brown Rice, Nachos & Cheese, Chicken Shawarma Bowl or Wrap, Au Gratin Potatoes or Baked Potato, **Pickled Beets**, Far East Vegetable Blend, Whole Wheat Rolls, Chicken Caesar Wrap

Wednesday: Lasagna w/ Meat Sauce, BBQ Pulled Chicken or Pork Sandwich, Nachos & Cheese, Meat & Cheese Nachos, Tacos, Bean Burrito, Oven Baked Fries or Potato Wedges, Seasoned Green Beans, Whole Wheat Rolls, Grilled Slim Jim Sub

Thursday: Popcorn Chicken Bowls, Nachos & Cheese, Chicken Shawarma Bowl or Wrap, Whole Wheat Rolls, Mashed Potatoes, Corn, **Seasoned Broccoli**, Apple Crisp, Turkey Bacon Club

Friday: Macaroni & Cheese Bar, Chicken Fajitas, Nachos & Cheese, Meat & Cheese Nachos, Tacos, Bean Burrito, **Sweet Potato Fries**, Malibu Blend Vegetables, Whole Wheat Rolls, Honey of Chicken Pita

Ala carte items are also sold during lunch. All items sold are Smart Snack Compliant. Choose from a variety of drinks, baked chips, ice cream, and much more. If monies are owed on a student's account, ala carte will not be sold to the student.

A complete meal at a high school includes an entrée, up to 1 cup of fruits , up to 1 cup of vegetables, and a choice a milk.

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