

MIDDLE SCHOOL * SEPT '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



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** Or Spicy Chicken Sandwich

Refried Beans

Marinated Cherry Tomato Salad

18

Whole Grain Chicken or Cheese Quesadillas With **Salsa & Sour Cream** Or All Beef Hot Dog On a Whole Wheat Bun

Vegetarian Baked Beans

Oven Fries

25

Hot & Spicy Chicken Tenders Whole Grain Breadstick Or Meat & Cheese Nachos with **Salsa & Sour Cream**

Seasoned Corn Strawberry Kiwi Slushies

Tue

5

1/2 Day Breakfast Service Only



12 **Taco Tuesday**

Oven Baked Calzones Or Philly Steak & Cheese Sub

Seasoned Green Beans

Chickpea & Tomato Salad Applesauce Mousse

19 **Taco Tuesday**

Whole Grain Breaded Chicken Nuggets with a Bread Stick Or Baked Italian Sub

Steamed Broccoli

Seasoned Peas

26 **Taco Tuesday**

Whole Grain Mini Chicken Corn Dogs Or Mexican Rice Bowl

Salsa & Sour Cream

Refried Beans

Tomato & Cucumber Salad

Wed

6

Bosco Sticks & **Tomato** Dipping Sauce Or Whole Wheat Macaroni & Cheese with a Whole Grain Roll

Black Bean Confetti Salad

Pickled Beets

Mini Fruit Parfaits

13

Bosco Sticks & **Tomato** Dipping Sauce Or Santa Fe Chicken on Ultragrain Tortillas

Oven Roasted Broccoli

Seasoned Corn

Blueberry Parfait

20

Bosco Sticks & **Tomato** Dipping Sauce Or Honey BBQ Beef Rib Sandwich

Carrots & Corn

Italian Style Green Beans

27

Bosco Sticks & **Tomato** Dipping Sauce Or Whole Wheat Macaroni & Cheese with a Whole Grain Roll

Black Bean Confetti Salad

Pickled Beets Mini Fruit Parfaits

Thu

7

Popcorn Chicken Bowls Or Hot Ham and Cheese on a Pretzel Bun

Parmesan Roasted Onions and Broccoli

Seasoned Corn

14

Whole Wheat Beef Fiestada Or Boneless Hot & Spicy Chicken Wings with a Whole Grain Roll

Oven Baked Fries

Sweet Potato with Marshmallows

21

Whole Wheat Rotini Pasta with Meat Sauce Whole Grain Rolls Or Chicken Fajitas On Ultra Grain Tortillas

Seasoned Corn

Pumpkin Pudding

28

Popcorn Chicken Bowls Or Hot Ham and Cheese on a Pretzel Bun

Parmesan Roasted Onions and Broccoli

Seasoned Corn

Fri

8

Garlic Cheese Bread With a WG Roll Or Buffalo Chicken Pizza Or Fish Sandwich

Dill Seasoned Carrots

Mini Banana Split

15

Oven Baked Meatball Subs Or Fish Sandwich

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