

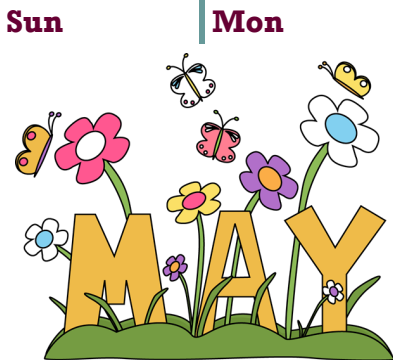
MIDDLE SCHOOL * MAY 18

A nourished student is a learning student!

This institution is an equal opportunity provider.



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



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.

Sun

Mon

7 Oven Baked Calzones Or Philly Steak & Cheese Sub
Oven Baked Fries
Cinnamon Applesauce

14 Whole Grain Chicken or Cheese Quesadillas With Salsa & Sour Cream Or Baked Italian Sub
Broccoli Salad

21 Hot & Spicy Chicken Tenders With a Whole Grain Breadstick Or Meat & Cheese Nachos with Salsa & Sour Cream
Refried Beans
Strawberry Parfait

28 **No School**



Tue

1 **Taco Salad Tuesday**
Hot Ham & Cheese on a Pretzel Bun Or Pulled BBQ Chicken on Whole Wheat Hamburger Bun
Tomato & Cucumber Salad
Seasoned Peas & Carrots

8 **Election Day**
No School

15 **Taco Salad Tuesday**
Whole Grain Breaded Chicken Nuggets with a Bread Stick Or All Beef Hot Dog On a Whole Wheat Bun Served with a Keebler Graham Cracker
Oven Baked Fries
Vegetarian Baked Beans

22 **Taco Salad Tuesday**
Hot Ham & Cheese on a Pretzel Bun Or Pulled BBQ Chicken on Whole Wheat Hamburger Bun
Tomato & Cucumber Salad
Seasoned Peas & Carrots

29 **Taco Salad Tuesday**
Oven Baked Calzones Or Philly Steak & Cheese Sub
Oven Baked Fries
Cinnamon Applesauce

Wed

2 Bosco Sticks & Tomato Dipping Sauce Or Whole Wheat Macaroni & Cheese with A Dinner Roll
Pickled Beets
Parmesan Roasted Onions and Broccoli

9 Bosco Sticks & Tomato Dipping Sauce Or 2 for 1 Chicken Fajitas On Ultra Grain Tortillas
Oven Roasted Broccoli
Seasoned Corn
Strawberry Parfait

16 Bosco Sticks & Tomato Dipping Sauce Or Whole Grain Mini Chicken Corn Dogs Served with a Dinner Roll
Seasoned Peas
Chickpea Cherry Tomato Salad

23 Bosco Sticks & Tomato Dipping Sauce Or Whole Wheat Macaroni & Cheese with A Dinner Roll
Pickled Beets
Parmesan Roasted Onions and Broccoli

30 Bosco Sticks & Tomato Dipping Sauce Or 2 for 1 Chicken Fajitas On Ultra Grain Tortillas
Oven Roasted Broccoli
Seasoned Corn
Strawberry Parfait

Thu

3 Popcorn Chicken Bowls Or Honey BBQ Beef Rib Sandwich
Seasoned Corn
Italian Style Green Beans

10 Whole Wheat Beef Fiestada Or Grilled Cheese on Whole Grain Bread & Homemade Tomato Soup
Seasoned Green Beans
Dill Seasoned Carrots

17 **Pasta Buffet**
Whole Wheat Rotini Pasta with Meat Sauce Served with 2 Dinner Rolls Or Chicken Alfredo served with 1 Dinner Roll
Italian Style Green Beans
Pumpkin Pudding

24 Popcorn Chicken Bowls Or Honey BBQ Beef Rib Sandwich
Seasoned Corn
Italian Style Green Beans

31 Whole Wheat Beef Fiestada Or Grilled Cheese on Whole Grain Bread & Homemade Tomato Soup
Seasoned Green Beans
Dill Seasoned Carrots

Fri

4 **1/2 Day of School Breakfast Only**

11 General Tso's Chicken served w/ Brown Rice & a Dinner Roll Or Fish Sandwich
Creamy Coleslaw
Asian Vegetable Blend
Applesauce Mousse

18 Buffalo Chicken Pizza Or Fish Sandwich Or Garlic Cheese Bread Served with a Roll
Seasoned Carrots
Strawberry Parfait

25 **1/2 Day of School Breakfast Only**

6/1 General Tso's Chicken served w/ Brown Rice & a Dinner Roll Or Fish Sandwich
Creamy Coleslaw
Asian Vegetable Blend
Applesauce Mousse



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