

# MIDDLE SCHOOL \* APRIL 18

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



## April 2-6 Spring Break 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.

9

Hot & Spicy Chicken Tenders With a Whole Grain Breadstick

Vegetarian Baked Beans

Strawberry Parfait

16

Oven Baked Calzones Or Philly Steak & Cheese Sub

Oven Baked Fries

Cinnamon Applesauce

23

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

Broccoli Salad

30

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

Refried Beans

Strawberry Parfait

10 **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

17 **Taco Salad Tuesday**

2 for 1 Reduced Fat Turkey Tacos on Ultragrain Tortillas with Salsa & Sour Cream Or

Boneless Hot & Spicy Chicken Wings with a Whole Grain Roll

Refried Beans

Marinated Cherry Tomato Salad

24 **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

5/1 **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

11

Bosco Sticks & Tomato Dipping Sauce Or Whole Wheat Macaroni & Cheese with A Dinner Roll

Pickled Beets

Parmesan Roasted Onions and Broccoli

18

Bosco Sticks & Tomato Dipping Sauce Or 2 for 1 Chicken Fajitas On Ultra Grain Tortillas

Oven Roasted Broccoli

Seasoned Corn

Strawberry Parfait

25

Bosco Sticks & Tomato Dipping Sauce Or Whole Grain Mini Chicken Corn Dogs Served with a Dinner Roll

Seasoned Peas

Chickpea Cherry Tomato Salad

5/2

Bosco Sticks & Tomato Dipping Sauce Or Whole Wheat Macaroni & Cheese with A Dinner Roll

Pickled Beets

Parmesan Roasted Onions and Broccoli

12

Popcorn Chicken Bowls Or Honey BBQ Beef Rib Sandwich

Seasoned Corn

Italian Style Green Beans

19

Whole Wheat Beef Fiestada Or Grilled Cheese on Whole Grain Bread & Homemade Tomato Soup

Seasoned Green Beans

Dill Seasoned Carrots

26 **Pasta Buffet**

Whole Wheat Rotini Pasta with Meat Sauce Served with 2 Whole Grain Rolls Or Chicken Alfredo served with 1 Dinner Roll

Italian Style Green Beans

Pumpkin Pudding

5/3

Popcorn Chicken Bowls Or Honey BBQ Beef Rib Sandwich

Seasoned Corn

Italian Style Green Beans

13

Buffalo Chicken Pizza Or Fish Sandwich

Seasoned Peas & Carrots

Strawberry Applesauce Mousse

20

General Tso's Chicken served w/ Brown Rice & a Dinner Roll Or Fish Sandwich

Creamy Coleslaw

Asian Vegetable Blend

Fruited Jello

27

Buffalo Chicken Pizza Or Fish Sandwich Or Garlic Cheese Bread Served with a Roll

Seasoned Carrots

Strawberry Parfait

5/4

**1/2 Day of School Breakfast 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