

MIDDLE SCHOOL * JUNE '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

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

Mon

5

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

12

Meat & Cheese Nachos with Salsa & Sour Cream Or A Variety of Cook's Choices

Refried Beans

Strawberry Kiwi Slushies

Tue



6 **Taco Tuesday**

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

Steamed Broccoli

Seasoned Peas

13 **Taco Tuesday**

Whole Grain Mini Chicken Corn Dogs Or A Variety of Cook's Choices

Tomato & Cucumber Salad

Wed

7

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

Black Bean Confetti Salad

Pickled Beets Mini Fruit Parfaits

14

Bosco Sticks & Tomato Dipping Sauce Or A Variety of Cook's Choices

Pickled Beets

Mini Fruit Parfaits

Thu

1

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

Oven Baked Fries
Sweet Potato with Marshmallows

8

Whole Wheat Rotini Pasta with Meat Sauce Or Whole Grain Rolls Or Honey BBQ Beef Rib Sandwich

Seasoned Green Beans

Pumpkin Pudding

15

Half Day

Breakfast Only

Fri

2

Oven Baked Meatball Subs Or Fish Sandwich

Creamy Coleslaw

Baked Potato Half Fruited Jello

9

Buffalo Chicken Pizza Or Fish Sandwich

Dill Seasoned Carrots

Mini Banana Split

Sat

HIRING

WCS NUTRITION SERVICES IS LOOKING FOR A FEW GOOD EMPLOYEES TO FULFILL OUR NEED FOR SUBSTITUTE CAFÉTERIA HELPERS. APPLY ONLINE TODAY! Call the Nutrition Service Office at 586.698.4158 to express your interest in employment.



The last week & a half of school, the head cooks may be offering additional hot entrée choices in addition to what is featured on the menu. These cook's choices will vary from school to school as a way to empty out the freezer in preparation of summer shut down.

REMINDER:

Free and reduced meal applications can be completed for the 17/18 school year online in August. This convenient and confidential website allows for quicker processing than the paper applications. The link to www.lunchapp.com is available at the WCS Nutrition

Have a Safe & Healthy Summer!