

MIDDLE SCHOOL * JUNE 18

A nourished student is a learning student!



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

This institution is an equal opportunity provider.

Sun

Mon

Tue

Wed

Thu

Fri

Sat

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.

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.



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

Broccoli Salad

11 Spicy Chicken Sandwich Or A Variety of Cook's Choices

Assorted Vegetables

Assorted Fruits

5 **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

12 Cheese Pizza or Pepperoni Pizza Or A Variety of Cook's Choices

Assorted Vegetables

Assorted Fruits

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

Seasoned Peas

Pickled Beets

13 Hamburger or Cheese Burger Or A Variety of Cook's Choices

Assorted Vegetables

Assorted Fruits

7 Chicken Alfredo served with 1 Dinner Roll Or A Variety of Cook's Choices

Italian Style Green Beans

Pumpkin Pudding

14 **Last Day of School Breakfast Only**

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

Creamy Coleslaw

Asian Vegetable Blend

Fruited Jello

8 Buffalo Chicken Pizza Or Fish Sandwich Or A Variety of Cook's Choices

Seasoned Carrots

Strawberry Parfait

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 component of complete lunch.



REMINDER:

Free and reduced meal applications can be completed for the 18/19 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 Services website.

Have a Safe & Healthy Summer!