

MIDDLE SCHOOL * MAR 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
				1 Whole Wheat Beef Fiestada Or Boneless Hot & Spicy Chicken Wings with a Whole Grain Roll Seasoned Green Beans <i>Sweet Potato with</i>	2 Oven Baked Meatball Subs Or Fish Sandwich Creamy Coleslaw <i>Baked Potato Half</i> Fruited Jello	<p>Also Offered Daily: Salad bar, cold sandwiches, chicken sandwiches, spicy chicken sandwiches hamburgers, and pizza.</p> <p>Try any of our assorted fresh fruits and vegetables offered daily.</p>
<p><i>March 5-9 is the National School Breakfast Week!</i></p>	5 Whole Grain Pancakes with Syrup & Turkey Sausage Patties Or Whole Grain Chicken or Cheese Quesadillas With Salsa & Sour Cream <i>Oven Roasted Broccoli</i>	6 Taco Salad Tuesday Egg and Cheese Sandwich on English Muffin Or All Beef Hot Dog On a Whole Wheat Bun Served with a Graham Cracker <i>Oven Baked Fries Vegetarian Baked Beans</i>	7 Breakfast for Lunch Whole Grain Eggo Mini Maple Waffles Turkey Sausage Links <i>Hash Brown Patties Baby Carrots w/ Ranch</i> Assorted Juice	8 Eggo Mini Chocolate Chip French Toast with Scrambled Eggs and Bacon Or Chicken Alfredo served with a Dinner Roll Italian Style Green Beans Pumpkin Pudding	9 1/2 Day Breakfast Service Only	
<i>March 5-9 Each Day, Buy a Breakfast to Enter a Raffle & Win a Prize</i>						
	12 Hot & Spicy Chicken Tenders With a Whole Grain Breadstick Or Meat & Cheese Nachos with Salsa & Sour Cream <i>Refried Beans Strawberry Parfait</i>	13 Taco Salad Tuesday Hot Ham & Cheese on a Pretzel Bun Or Pulled BBQ Chicken on Whole Wheat Hamburger Bun <i>Tomato & Cucumber Salad Seasoned Peas & Carrots</i>	14 Bosco Sticks & <i>Tomato</i> Dipping Sauce Or Whole Wheat Macaroni & Cheese with A Dinner Roll <i>Pickled Beets Parmesan Roasted Onions and Broccoli</i>	15 1/2 Day Breakfast Service Only	16 Buffalo Chicken Pizza Or Fish Sandwich Seasoned Peas & Carrots <i>St Patrick Green Fruited Jello</i>	<p>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</p>
	19 Oven Baked Calzones Or Philly Steak & Cheese Sub <i>Oven Baked Fries</i> Cinnamon Applesauce	20 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 <i>Refried Beans Marinated Cherry Tomato Salad</i>	21 Bosco Sticks & <i>Tomato</i> Dipping Sauce Or 2 for 1 Chicken Fajitas On Ultra Grain Tortillas <i>Oven Roasted Broccoli Seasoned Corn Strawberry Parfait</i>	22 Whole Wheat Beef Fiestada Or Grilled Cheese on Whole Grain Bread & Homemade Tomato Soup Seasoned Green Beans <i>Sweet Potato with Marshmallows</i>	23 General Tso's Chicken served w/ Brown Rice & a Dinner Roll Or Fish Sandwich Creamy Coleslaw Asian Vegetable Blend Fruited Jello	
	26 Whole Grain Chicken or Cheese Quesadillas With Salsa & Sour Cream Or Baked Italian Sub <i>Broccoli Salad</i>	27 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 Dinner Roll <i>Oven Baked Fries Vegetarian Baked Beans</i>	28 1/2 Day Breakfast Service Only	29 1/2 Day Breakfast Service Only	30 No School	

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.