

# COMMUNITY HIGH \* JAN 18

A nourished student is a learning student!

This institution is an equal opportunity provider.



Breakfast	\$1.75
Lunch	\$3.25
Milk	\$0.60

Sun

Mon

Tue

Wed

Thu

Fri

Sat



3  
Honey BBQ Beef Rib Sandwich  
  
Carrots & Corn  
  
Italian Style Green Beans

4  
Boneless Hot & Spicy Chicken Wings with a Whole Grain Roll  
  
Oven Roasted Broccoli

5  
Fish Sandwich  
  
Creamy Coleslaw  
  
Fruited Jello

10  
Bosco Sticks & Tomato Dipping Sauce  
  
Oven Roasted Broccoli  
  
Blueberry Parfait

11  
Chicken Nuggets Served with a Whole Grain Roll  
  
Seasoned Green Beans  
  
Mashed Sweet Potatoes with Marshmallows

12  
Buffalo Chicken Pizza Or Fish Sandwich  
  
Creamy Coleslaw  
  
Fruited Jello

17  
Bosco Sticks & Tomato Dipping Sauce  
  
Dill Seasoned Carrots  
  
Italian Style Green Beans

18  
Whole Grain Mac & Cheese Served with a Whole Grain Roll  
  
Seasoned Corn  
  
Pumpkin Pudding

19  
**1/2 Day Breakfast Service Only**

24  
Bosco Sticks & Tomato Dipping Sauce  
  
Seasoned Green Beans

25  
Hot Ham and Cheese on a Pretzel Bun  
  
Parmesan Roasted Onions and Broccoli

26  
Buffalo Chicken Pizza Or Fish Sandwich  
  
Creamy Coleslaw  
  
Fruited Jello

31  
Bosco Sticks & Tomato Dipping Sauce  
  
Oven Roasted Broccoli  
  
Blueberry Parfait

8  
2 for 1 Reduced Fat Beef Tacos on Ultragrain Tortillas with Salsa & Sour Cream  
  
Refried Beans  
  
Marinated Cherry Tomato Salad

15  
**No School**



22  
Hot & Spicy Chicken Tenders Whole Grain Breadstick  
  
Seasoned Peas & Carrots  
  
Strawberry Kiwi Slushies

29  
2 for 1 Reduced Fat Beef Tacos on Ultragrain Tortillas with Salsa & Sour Cream  
  
Refried Beans  
  
Marinated Cherry Tomato Salad

9  
Philly Steak & Cheese Sub  
  
Oven Baked Fries  
  
Cinnamon Applesauce

16  
All Beef Hot Dog On a Whole Wheat Bun  
  
Oven Baked Fries  
  
Vegetarian Baked Beans

23  
Whole Grain Mini Chicken Corn Dogs  
  
Vegetarian Baked Beans

30  
Philly Steak & Cheese Sub  
  
Oven Baked Fries  
  
Cinnamon Applesauce

**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.**

## 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.