

# MIDDLE SCHOOL \* MAY.22



A nourished student is a learning student!

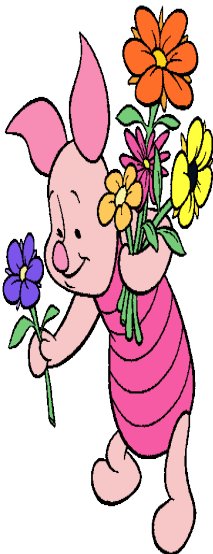
A Complete Breakfast & Lunch are Free to All Students in 2021/22



This institution is an equal opportunity provider.

**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.

Free and reduced meal applications can be completed online. This convenient and confidential website allows for quicker processing than the paper applications. The link to [www.lunchapp.com](http://www.lunchapp.com) is available at the WCS Nutrition Services website.



**Sun**

**Mon**

2 Whole Grain Breaded Chicken Patty Served on Whole Grain Hamburger Bun Or Whole Grain Crust Cheese Pizza  
Seasoned Green Beans

9 Penne Pasta with Alfredo Sauce Served with a Whole Grain Roll Or Whole Grain Chicken Tenders with Graham Crackers  
Seasoned Broccoli

16 Whole Grain Mac & Cheese Served with a Whole Grain Roll Or Whole Grain Crust Cheese Pizza  
Dill Seasoned Carrots

23 Regular or Spicy Chicken Patty Served on Whole Grain Hamburger Bun Or Whole Grain Crust Cheese Pizza  
Seasoned Green Beans

30 **No School**

**Tue**

3 **No School Election Day**

★ ★ ★ ★ ★  
**VOTE**  
★ ★ ★ ★ ★

10 All Beef Meatballs with Mashed Potatoes & Brown Gravy with NY Style Garlic Knot Or Whole Grain Crust Cheese Pizza  
Creamy Coleslaw

17 **Early Release**  
WCS Made Beef & Bean Chili Served with Cornbread Poppers Or Whole Grain Soft Pretzel served with Cheese Sauce  
Broccoli Salad

24 All Beef Hotdog served on Whole Grain Bun Or Oven Baked Whole Grain Breaded Mozzarella Cheese Sticks served with Marinara Sauce  
Oven Baked Fries  
Fresh Watermelon

31 Whole Grain Breaded Mini Corndogs Or Whole Grain Crust Cheese Pizza  
Oven Roasted Broccoli

**Wed**

4 Bosco Sticks & Tomato Dipping Sauce OR WCS Made Sloppy Joe Served on Whole Grain Hamburger Bun  
Dill Seasoned Carrots

11 Bosco Sticks & Tomato Dipping Sauce Or Oven Baked Italian Sub  
Carrots & Corn  
Fruited Jello

18 Bosco Sticks & Tomato Dipping Sauce Or Inside Out Burger on a Whole Grain Bun w/ 2 Onion Rings  
Baked Beans

25 Bosco Sticks & Tomato Dipping Sauce OR BBQ Pulled Chicken on Whole Grain Hamburger Bun  
Chickpeas and Cherry Tomatoes salad

6/1 Bosco Sticks & Tomato Dipping Sauce Or Oven Baked Italian Sub  
Carrots & Corn  
Fruited Jello

**Thu**

5 **Cinco de Mayo**  
2 for 1 Chicken Fajita Served with Ultragrain Tortillas & Whole Grain Churro Or Cheeseburger served with Whole Wheat Bun  
Mexican Street Corn  
Tropical Fruit Salad

12 Grilled Cheese Sandwich served with WCS Made Beef & Vegetable Soup Or 2 for 1 Buffalo Glazed Chicken Drumsticks served with 2 Dinner Rolls  
Italian Style Green Beans

19 Whole Grain Cheese Ravioli served with Marinara Sauce and a Dinner Roll Or Chicken Nuggets served with Whole Grain Dinner Roll  
Baked Potato Halves

26 Meat & Cheese Nachos, or Cheese Nachos Or Cheeseburger served with Whole Wheat Bun  
Oven Roasted Broccoli with Onions & Parmesan Cheese

6/2 Hot Ham and Cheese Sandwich on a Pretzel Bun Or Teriyaki Beef Dippers served with Vegetable Fried Rice and a Dinner Roll  
Far East Vegetable Blend

**Fri**

6 **School Lunch Hero Day**  
Tangerine  
Chicken Served with Fried Rice & a Dinner Roll Or Cook's Choice Entree  
Edamame Salad  
100% Juice Slushie

13 Chicken Parmesan Sandwich on Whole Grain Bun Or Fish Sandwich with Tartar Sauce Or French Bread Pizza  
Vegetarian Baked Beans

20 2 Whole Grain French Toasts & Cheese Egg Omelet Or Cook's Choice Entrees  
Fresh Cucumbers

27 **Half Day Breakfast Only**

6/3 Chicken Parmesan Sandwich on Whole Grain Bun Or Fish Sandwich with Tartar Sauce  
Vegetarian Baked Beans

**Sat**

**Cold Lunch Choices**

**Monday, Wednesday, & Friday**

Soybutter Meal  
Chicken Chef Salad w/ Ranch Dressing  
Hummus Platter

**Tuesday & Thursday**

Parfait w/ Banana Bread  
Veggie Chef Salad w/ Italian Dressing  
Turkey Sub  
Sandwich w/ Mayo & Mustard Packet  
Choice Of Milk

Due to Nationwide Food Shortage and Supply Chain Issues, menus are subject to change depending on availability.

