

MIDDLE SCHOOL * DEC '18

A nourished student is a learning student!

This institution is an equal opportunity provider.



Sun

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.

Mon

3

Hot & Spicy Chicken Tenders w/ a Whole Grain Breadstick Or Oven Baked Meatball Subs

Seasoned Corn

Fruit Parfait

10

Oven Baked Calzones Or Philly Steak & Cheese Sub

Oven Roasted Broccoli

Fruited Jello

17

Whole Grain Chicken or Cheese Quesadillas With Salsa & Sour Cream Or

All Beef Hot Dog On a Whole Wheat Bun

Vegetarian Baked Beans

Tue

4 **Taco Salad Tuesday**

Whole Grain Mini Chicken Corn Dogs Or 2 for 1 Chicken Fajitas on Ultragrain Tortillas w/ Salsa & Sour Cream

Fresh Cucumbers

11 **Taco Salad Tuesday**

Popcorn Chicken Bowl Served with a Dinner Roll

Seasoned Corn

Fresh Cherry Tomatoes

18 **Taco Salad Tuesday**

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

Fresh Broccoli Buds

Wed

5

Bosco Sticks & Tomato Dipping Sauce Or Hot Ham and Cheese on a Pretzel Bun

Parmesan Roasted Broccoli and Onions

Spiced Apples

12

Bosco Sticks & Tomato Dipping Sauce Or Honey BBQ Beef Rib Sandwich

Seasoned Green Beans

Strawberry Parfait

19 **Holiday Lunch**

All Beef Meatballs & Brown Gravy Served with Mashed Potatoes And a Whole Grain Biscuit

Seasoned Carrots

Pumpkin Pudding

Thu

6

Walking Taco
Choose Your Toppings: Beef Taco Meat, Salsa, Shredded Lettuce and Cheddar Cheese, & Sour Cream

Black Bean Confetti Salad

13

Taste Test White Bean Salad

2 for 1 Reduced Fat Beef Tacos on Ultragrain Tortillas with Salsa & Sour Cream Or Boneless Hot & Spicy Chicken Wings with a Dinner Roll

Refried Beans

20

Cook's Choices Or Spicy Chicken Sandwiches

Assorted Fruits and Vegetables

Fri

7

Buffalo Chicken Pizza Or Fish Sandwich Or Grilled Cheese Sandwich

Dill Seasoned Carrots

14

Buffalo Chicken Pizza Or Fish Sandwich Or Garlic Cheese French Bread

Orange Glazed Sweet Potatoes

30

1/2 Day of School Breakfast Only

Sat

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.

*Dec 24—Jan 4 Holiday Break
Have a Healthy and Safe Break*

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

