

BUTCHER * NOV. '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

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

- 5 Hot & Spicy Chicken Tenders Or Whole Grain Breaded Popcorn Chicken
Both Entrée Served with a Whole Grain Breadstick
Seasoned Corn
- 12 Oven Baked Calzones
Oven Baked Fries
Vegetarian Baked Beans
- 19 Bosco Sticks & Tomato Dipping Sauce
Assorted Vegetables
Cool Tropics 100% Juice Slushie
- 26 All Beef Hot Dog On a Whole Wheat Bun
Vegetarian Baked Beans

Tue



- 6 Election Day
No School
VOTE
Fresh Cherry Tomatoes
- 13 Boneless Hot & Spicy Chicken Wings Or Whole Grain Breaded Chicken Nuggets
Both Entrée served with a Dinner Roll
- 20 1/2 Day Breakfast Service Only
- 27 Baked Italian Sub
Steamed Broccoli

Wed

- 7 Bosco Sticks & Tomato Dipping Sauce
Chickpea & Cherry Tomato Salad
Fruit Parfait
- 14 Thanksgiving Lunch
WCS Made Oven Roasted Turkey w/ Mashed Potatoes & Low Sodium Gravy
Seasoned Green Beans
Pumpkin Pudding

Have a Healthy and Safe Break

- 28 Bosco Sticks & Tomato Dipping Sauce
Carrots & Corn
Fruited Jello

Thu

- 1 Whole Wheat Rotini Pasta with Meat Sauce served with 2 Whole Grain Rolls
Seasoned Green Beans
Pumpkin Pudding
- 8 Hot Ham and Cheese on a Pretzel Bun
Parmesan Roasted Onions and Broccoli
- 15 Whole Wheat Beef Fiestada
Oven Roasted Broccoli
- 29 Whole Wheat Rotini Pasta with Meat Sauce served with 2 Whole Grain Rolls
Seasoned Green Beans
Pumpkin Pudding

Fri

- 2 Buffalo Chicken Pizza Or Fish Sandwich
Vegetarian Baked Beans
- 9 1/2 Day Breakfast Service Only
- 16 Buffalo Chicken Pizza Or Fish Sandwich
Dill Seasoned Carrots
Mini Banana Split



- 30 Buffalo Chicken Pizza Or Fish Sandwich
Baked Potato Half

Sat

Also Offered
Mon, Wed & Fri Cheese Pizza, Pepperoni Pizza, Chicken Patty Sandwich
Tue & Thur: Cheese Burger, Spicy Chicken Sandwich
Available Daily: Turkey Chef Salad, Veggie Chef Salad, Ham Chef Salad, Turkey & Cheese Sub Or Ham & Cheese Sub, Soybutter Jelly Meal
Try any of our assorted fresh fruits and vegetables offered daily.