

BUTCHER

A nourished student is a learning student!

This institution is an equal opportunity provider.



Nutrition Services



A nourished student is a learning student!

FEBRUARY

Sun

Mon

Tue

Wed

Thu

Fri

Sat

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.

Happy Valentines Day

- 1 Whole Grain Macaroni & Cheese With Grain Roll
- Or
- Fish Sandwich
- Seasoned Green Beans

2



- 4 Meat & Cheese Nachos with Whole Grain Tortilla Chips

Refried Beans

- 5 Warm Meatball Subs

Seasoned Steamed Carrots

Fruited Jello

- 6 Bosco Sticks & Tomato Dipping Sauce

Or

WCS Made Taco Soup with Whole Grain Tortilla Chips

Seasoned Peas

- 7 Up to Two Buffalo Style Glazed Chicken Drum Sticks & Two Whole Grain Rolls

Bake Potato Half

Oven Roasted Broccoli

- 8 Chicken Parmesan With Whole Grain Roll
- Or
- Fish Sandwich

Au Gratin Cheesy Potatoes

- 11 All Beef Hot Dog On a Whole Wheat Bun

Oven Fries

Vegetarian Baked Beans

- 12 Whole Grain Rotini With Meat Sauce Whole Grain Roll

Steamed Broccoli

Mini Fruit Parfiats

- 13 Bosco Sticks & Tomato Dipping Sauce

Seasoned Green Beans

- 14 Cook's Choice

Mixed Steamed Veggies

Valentine Cookies

15

1/2 Day Breakfast Service Only

Winter Break

- 25 Whole Grain Chicken Tenders Whole Grain Roll

Baked Potato Half

Seasoned Corn

- 25 2 for 1 Chicken Fajitas on Ultragrain Tortillas w/ Shredded Lettuce & Cheese, Salsa, & Sour Cream

Refried Beans

- 27 Bosco Sticks & Tomato Dipping Sauce

Or

WCS Made Tomato Soup Served with a Grilled Cheese Sandwich

Seasoned Green Beans

- 28 **WALKING TACO**
- Choose Your Toppings: Beef Taco Meat, Salsa, Shredded Lettuce and Cheddar Cheese, & Sour Cream

Black Bean Confetti Salad

- 3/1 Chicken Parmesan With Whole Grain Roll
- Or
- Fish Sandwich

Oven Roasted Broccoli

Also Offered

Mon, Wed & Fri
Cheese Pizza, Pepperoni Pizza, Chicken Patty Sandwich

Tue & Thur:
Cheese Burger, Popcorn Chicken w/ Whole Grain Roll, 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

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