

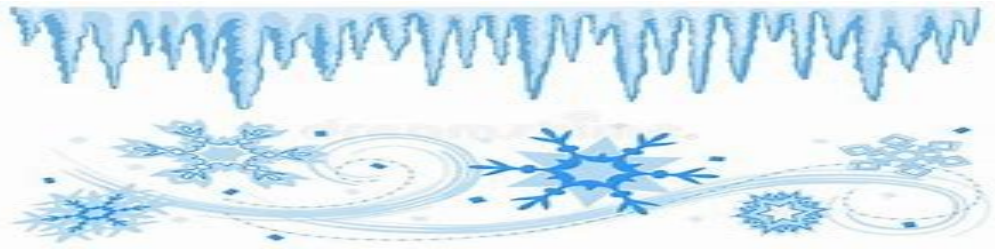
MIDDLE SCHOOL * JAN. '19

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

7

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

Seasoned Corn

Fruit Parfait

14

Three Cheese Oven Baked Calzones Or Philly Steak & Cheese Sub w/ grilled onions and peppers

Oven Roasted Broccoli

21

No School



28

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

Seasoned Corn

Fruit Parfait

Tue

8 **Taco Salad Tuesday**

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

Tomato & Cucumber Salad

15 **Taco Salad Tuesday**

Popcorn Chicken Bowl Served with a Dinner Roll

Seasoned Corn

Marinated Cherry Tomato Salad

22 **Taco Salad Tuesday**

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

Mashed Sweet Potatoes

Seasoned Peas & Carrots

29 **Taco Salad Tuesday**

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

Tomato and Cucumber Salad

Wed

9

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

Parmesan Roasted Broccoli and Onions

Spiced Apples

16

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

Seasoned Green Beans

Strawberry Parfait

23

Bosco Sticks & Tomato Dipping Sauce Or Chicken Tortilla Soup with Tortilla Chips

Steamed Broccoli

Sweet Potato Pudding

30

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

Parmesan Roasted Broccoli and Onions

Spiced Apples

Thu

10

Walking Taco

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

Black Bean Confetti Salad

17

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

24

Whole Wheat Rotini Pasta with Meat Sauce served with 2 Whole Grain Rolls Or Whole Grain Fiestada

Italian Style Green Beans

White Bean Salad

31

Whole Grain Chicken or Cheese Quesadillas With Salsa & Sour Cream Or All Beef Hot Dog On a Whole Wheat Bun

Vegetarian Baked Beans

Fri

11

Buffalo Chicken Pizza Or Fish Sandwich Or Grilled Cheese Sandwich

Tomato Soup Dill Seasoned Carrots

18

1/2 Day of School Breakfast Only

25

General Tso's Chicken served with 1/2cup Vegetable Fried Brown Rice & a Dinner Roll or Fish Sandwich

Far East Vegetable Blend

2/1

Buffalo Chicken Pizza Or Fish Sandwich Or Grilled Cheese Sandwich

Tomato Soup Dill Seasoned Carrots

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.



School closings due to inclement weather cause a change in the lunch menu. Please note that on the day of return, the snow day's menu will be used.