

# COMMUNITY HIGH \* DEC. '18

A nourished student is a learning student!



Breakfast	\$1.75
Lunch	\$3.25
Milk	\$0.60

This institution is an equal opportunity provider.

## Sun

Happy Holidays



### 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

Whole Grain Breaded Hot & Spicy Chicken Tenders

Served with a Whole Grain Breadstick

Seasoned Corn

10

Whole Grain Mac & Cheese served with a Dinner Roll

Seasoned Green Beans

17

All Beef Hot Dog On a Whole Wheat Bun

Vegetarian Baked Beans

## Tue

4

Whole Grain Mini Chicken Corn Dogs

Fresh Cucumber Slices

11

Meat & Cheese Nachos with Salsa & Sour Cream

Refried Beans

18

Whole Grain Chicken or Cheese Quesadillas with Salsa and Sour Cream

Oven Roasted Broccoli

## Wed

5

Bosco Sticks & Tomato Dipping Sauce

Chickpea & Cherry Tomato Salad

Fruit Parfait

12

Bosco Sticks & Tomato Dipping Sauce

Oven Roasted Broccoli

Strawberry Parfait

19

Bosco Sticks & Tomato Dipping Sauce

Assorted Fruits & Vegetables

## Thu

6

Honey BBQ Beef Rib Sandwich

Parmesan Roasted Onions and Broccoli

13

Whole Wheat Beef Fiestada

Sweet Potato with Marshmallows

20

Cook's Choice Or Pizza

Assorted Fruits & Vegetables

## Fri

7

Buffalo Chicken Pizza Or Fish Sandwich

Dill Seasoned Carrots

Mini Banana Split

14

Fish Sandwich Or Garlic Cheese French Bread

Seasoned Carrots

Mini Banana Split

21

1/2 Day Breakfast Service 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 22nd—Jan 4th Holiday Break  
Have a Healthy and Safe Break*

