

# MIDDLE SCHOOL \* OCT. 21



A nourished student is a learning student!

This institution is an equal opportunity provider.

A Complete Breakfast & Lunch are Free to All Students in 202122 School Year  
Milk Only \$0.60



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>HIRING</b></p> <p>WCS NUTRITION SERVICES IS LOOKING FOR A FEW GOOD EMPLOYEES TO FULFILL OUR NEED FOR SUBSTITUTE CAFETERIA HELPERS. APPLY ONLINE TODAY! Call the Nutrition Service Office at 586.698.4158 to express your interest in employment.</p>	<p>4</p> <p>Whole Grain Mac &amp; Cheese with a Dinner Roll Or Fiestada Pizza</p> <p>Seasoned Green Beans</p>	<p>5 Early Release</p> <p>Cheese Burger served with Whole Wheat Bun Or Oven Baked Three Cheese Calzones</p> <p>Vegetarian Baked Beans</p>	<p>6</p> <p>Bosco Sticks &amp; Tomato Dipping Sauce Or Honey BBQ Beef Rib Sandwich</p> <p>Oven Roasted Broccoli</p>	<p>7</p> <p>Popcorn Chicken Served with a Dinner Rolls Or Whole Grain Crust Cheese Pizza</p> <p>Seasoned Corn &amp; Carrots</p>	<p>8</p> <p>Sloppy Joe on Whole Wheat Hotdog Bun or Fish Sandwich</p> <p>Fresh Celery Sticks w/ Ranch</p>	<p><b>Cold Lunch Choices</b></p> <p><b>Monday, Wednesday, &amp; Friday</b></p> <p>Soybutter Meal Chicken Chef Salad w/ Ranch Dressing Hummus Platter</p> <p><b>Tuesday &amp; Thursday</b></p> <p>Parfait w/ Banana Bread Veggie Chef Salad w/ Italian Dressing Turkey Sub Sandwich w/ Mayo &amp; Mustard Packet</p> <p>Choice Of Milk</p>
	<p>11</p> <p>Whole Grain Chicken or Cheese Quesadillas With Salsa &amp; Sour Cream Or Whole Grain Crust Cheese Pizza</p> <p>Vegetarian Baked Beans</p>	<p>12</p> <p>Whole Grain Breaded Chicken Nuggets with a Dinner Roll Or Baked Italian Sub</p> <p>Steamed Broccoli</p>	<p>13</p> <p>Bosco Sticks &amp; Tomato Dipping Sauce Or Regular &amp; Spicy Chicken Patty Sandwich</p> <p>Carrots &amp; Corn</p>	<p>14</p> <p>Penne Pasta &amp; Alfredo served with 1 Whole Grain Roll Or Cheese Burger served with Whole Wheat Bun</p> <p>Seasoned Peas</p>	<p>15</p> <p>2 Whole Grain Breaded Chicken Drumstick w/ Mini Biscuit OR Whole Grain French Bread Pizza</p> <p>Italian Style Green Beans</p>	
	<p>18</p> <p>Hot &amp; Spicy Whole Grain Breaded Boneless Chicken Wings Served with a Whole Grain Dinner Roll Or Cheese Burger served with Whole Wheat Bun</p> <p>Dill Seasoned Carrots</p>	<p>19 Early Release</p> <p>Whole Grain Crust Cheese Pizza OR Whole Grain Rotini w/ Meat Sauce Served with a Whole Grain Dinner Roll</p> <p>Seasoned Broccoli</p>	<p>20</p> <p>Bosco Sticks &amp; Tomato Dipping Sauce Or Oven Baked Meatball Subs</p> <p>Seasoned Green Beans</p>	<p>21</p> <p><b>Walking Taco</b> Choose Your Toppings: Beef Taco Meat, Salsa, Shredded Lettuce and Cheddar Cheese, &amp; Sour Cream OR Whole Grain Crust Cheese Pizza</p>	<p>22</p> <p><b>Breakfast For Lunch</b> 2 Whole Grain Cinnamon French Toast With or without Cheese Omelet Or Fish Sandwich</p> <p>Hash Brown Patties</p>	
<p>25</p> <p>Whole Grain Mac &amp; Cheese with a Dinner Roll Or Fiestada Pizza</p> <p>Seasoned Green Beans</p>	<p>26</p> <p>Cheese Burger served with Whole Wheat Bun Or Oven Baked Three Cheese Calzones</p> <p>Vegetarian Baked Beans</p>	<p>27</p> <p>Bosco Sticks &amp; Tomato Dipping Sauce Or Hot Ham and Cheese on Pretzel Bun</p> <p>Oven Roasted Broccoli</p>	<p>28</p> <p>Chicken Parmesan with A Dinner Roll Or Grilled Cheese Sandwich</p> <p>Seasoned Corn</p>	<p>29</p> <p>Half Day Breakfast Only</p>		

Free and reduced meal applications can be completed online. This convenient and confidential website allows for quicker processing than the paper applications. The link to [www.lunchapp.com](http://www.lunchapp.com) is available at the WCS Nutrition



## Important Notice on Menu Changes in 202122 School Year



Nation wide, food suppliers face labor shortages and transportation challenges that are adding costs and limiting supplies. Food distributors expect to run low on everything from canned fruit to lunch trays. Due to severe labor shortage in our department and food shortage across the nation, WCS Nutrition Services anticipate frequent menu changes in 2021-22 School Year. We may serve different entrees at different Middle schools depending on availability.