

Warren Consolidated Schools High School Lunch Menu
2021/22 School Year



Cousino - Sterling Heights High School - Warren Mott

A Complete Lunch is Free to All Students in 2021/22 School Year

Monday, Wednesday, & Friday Cold Lunch Choices

Soybutter Meal, Chicken Chef Salad, Turkey Ham Sub Sandwich, Italian Sub Sandwich

Tuesday & Thursday Cold Lunch Choices

Barfresh Smoothie w/ Banana Bread, Veggie Chef Salad, Turkey Sub Sandwich, Hummus Platter

Also Served Daily:

A variety of fresh fruits and vegetables, 100% fruit juices, Fat Free Chocolate Milk, Fat Free White Milk, and 1% Milk

We follow a two week cycle menu for lunches to help control food costs.

PLEASE LOOK AT WEEK START DAYS TO DETERMINE WHICH MENU WILL BE FOLLOWED.

WEEK ONE

*Served the weeks that begin
on dates as followed:*

**Oct 4th
&
Oct 18th**

Monday: Cheese Burger OR Hamburger, Hot & Spicy Whole Grain Breaded Boneless Chicken Wings, Mac & Cheese with Whole Grain Dinner Roll, **Vegetarian Baked Beans**

Tuesday: Whole Grain Crust Cheese Pizza, Whole Grain Rotini w/ Meat Sauce & a Whole Grain Dinner Roll, Breaded Chicken Sandwich OR Spicy Chicken Sandwich, Seasoned Green Beans

Wednesday: Bosco Sticks with **Marinara Sauce**, Oven Baked Meatball Sub, Popcorn Chicken served with Dinner Roll, **Seasoned Corn**

Thursday: Cheese Burger OR Hamburger, Chicken Parmesan with 2 Whole Wheat Rolls, Grilled Cheese Sandwich, **Seasoned Broccoli**,

Friday: Whole Grain Crust Cheese Pizza, Cheese OR Chicken Quesadillas with Salsa & Cream Cheese, Fish Sandwich, **Fresh Baby Carrots**

WEEK TWO

Served the weeks that begin on dates as followed:

Oct 11th
&
Oct 25th

Monday: Nachos & Cheese, Meat & Cheese Nachos, Mac & Cheese w/ a Dinner Roll, Oven Baked Three Cheese Calzone, **Dill Seasoned Carrots**

Tuesday: Cheese Burger OR Hamburger, **Vegetarian Baked Beans**, Ravioli w/ Marinara Sauce served with a Dinner Roll, Philly Steak & Cheese Sub

Wednesday: Bosco Sticks with **Marinara Sauce**, Honey BBQ Beef Rib Sandwich, **Seasoned Broccoli**, Breaded Chicken Sandwich OR Spicy Chicken Sandwich, Mixed Berry Parfait

Thursday: 2 Cinnamon French Toast with Cheese Omelet, 2 Whole Grain Breaded Drumsticks w/ Dinner Roll, Cheese Burger OR Hamburger, Seasoned Green Beans

Friday: Whole Grain Crust Cheese Pizza, All Beef Hot Dog on Whole Wheat Bun served with a Dinner Roll, Teriyaki Beef Dipper with Vegetable Fried Rice, **Seasoned Corn**

HIRING

WCS NUTRITION SERVICES IS LOOKING FOR A FEW GOOD EMPLOYEES TO FULFILL OUR NEED FOR SUBSTITUTE CAFÉTERIA HELPERS.

[APPLY ONLINE TODAY!](#)

Call the Nutrition Service Office at 586.698.4158 to express your interest in employment.

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 elementary schools depending on availability. We will notify schools and district nurses of all menu changes prior to the serving day so proper announcement can be made.

Ala carte items are also sold during lunch. All items sold are Smart Snack Compliant. Choose from baked chips, chocolate chip cookie, & ICE Drinks. If monies are owed on a student's account, ala carte will not be sold to the student.

A complete meal at a high school includes an entrée, up to 1 cup of fruits , up to 1 cup of vegetables, and a choice a milk.

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