

# MIDDLE SCHOOL \* OCT '18

A nourished student is a learning student!



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

This institution is an equal opportunity provider.

**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.

| Sun   | Mon   | Tue  | Wed  | Thu   | Fri  | Sat   |  |
|---|---|--|--|---|--|---|--|
|   | <b>1</b><br>Oven Baked Calzones<br>Or<br>Philly Steak & Cheese Sub<br><br>Seasoned Green Beans<br><br>Fruited Jello   | <b>2 Taco Salad Tuesday</b><br>Popcorn Chicken Bowl Served with 2 Dinner Rolls<br><br>Seasoned Corn<br><br>Fresh Cherry Tomatoes   | <b>3</b><br>Bosco Sticks & Tomato<br>Dipping Sauce Or<br>Honey BBQ Beef Rib Sandwich<br><br>Oven Roasted Broccoli<br><br>Strawberry Parfait                                | <b>4 National Taco Day</b><br>Walking Taco<br>Choose Your Toppings:<br>Beef Taco Meat, Salsa, Shredded Lettuce and Cheddar Cheese, & Sour Cream<br><br>Black Bean Confetti Salad<br><br> | <b>5</b><br>General Tso's Chicken served with 1/2cup Vegetable Fried Brown Rice & a Dinner Roll or<br>Fish Sandwich<br><br>Far East Vegetable Blend                    | <p><b>Also Offered Daily:</b><br/>                     Salad bar, cold sandwiches, chicken sandwiches, spicy chicken hamburgers, and pizza.</p> <p>Try any of our assorted fresh fruits and vegetables offered daily.</p> <p>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.</p> |  |
|   | <b>8</b><br>Whole Grain Chicken or Cheese Quesadillas With Salsa & Sour Cream Or<br>All Beef Hot Dog On a Whole Wheat Bun<br><br>Vegetarian Baked Beans<br><br>Baked Potato Half  | <b>9 Taco Salad Tuesday</b><br>Whole Grain Breaded Chicken Nuggets with a Bread Stick Or<br>Baked Italian Sub<br><br>Seasoned Broccoli   | <b>10</b><br>Bosco Sticks & Tomato<br>Dipping Sauce Or<br>Whole Wheat Beef Fiestada<br><br>Carrots & Corn<br><br>Fruited Jello   | <b>11 Pasta Buffet</b><br>Whole Wheat Rotini Pasta with Meat Sauce served with 2 Whole Grain Rolls Or<br>Whole Grain Mac & Cheese Served with 1 Whole Grain Roll<br><br>Italian Style Green Beans   | <b>12</b><br><br><br>1/2 Day Breakfast Service Only  |   |  |
|   | <b>15</b><br>Hot & Spicy Chicken Tenders w/ Whole Grain Breadstick Or<br>Oven Baked Meatball Subs<br><br>Seasoned Corn<br><br>Fruit Parfait                                       | <b>16 Taco Salad Tuesday</b><br>Whole Grain Mini Chicken Corn Dogs Or<br>2 for 1 Chicken Fajitas on Ultragrain Tortillas w/ Salsa & Sour Cream<br><br>Black Bean Confetti Salad<br><br>Fresh Cucumbers | <b>17 Try Local Produce</b><br>Bosco Sticks & Tomato<br>Dipping Sauce Or<br>Hot Ham and Cheese on a Pretzel Bun<br><br>Michigan Yukon Golden Potatoes<br><br>Spiced Apples | <b>18</b><br>Meat & Cheese Nachos with Salsa & Sour Cream<br><br>Parmesan Roasted Onions and Broccoli   | <b>19 Taste Testing</b><br>Sweet Potato Pudding<br>Buffalo Chicken Pizza Or<br>Fish Sandwich Or<br>Garlic Cheese Bread with a Dinner Roll<br><br>Dill Seasoned Carrots |   |  |
| <p><i>Oct 15-19th is the National School Lunch Week. Join us to try our local potatoes and enjoy the Taste Testing on Oct 19th.</i></p> |   |  |  |   |  |   |  |
|   | <b>22</b><br>Oven Baked Calzones Or<br>Philly Steak & Cheese Sub<br><br>Seasoned Green Beans<br><br>Fruited Jello   | <b>23 Taco Salad Tuesday</b><br>Popcorn Chicken Bowl Served with 2 Dinner Rolls<br><br>Seasoned Corn<br><br>Fresh Cherry Tomatoes  | <b>24</b><br>Bosco Sticks & Tomato<br>Dipping Sauce Or<br>Honey BBQ Beef Rib Sandwich<br><br>Oven Roasted Broccoli<br><br>Strawberry Parfait                               | <b>25</b><br>2 for 1 Reduced Fat Beef Tacos on Ultragrain Tortillas with Salsa & Sour Cream Or<br>Boneless Hot & Spicy Chicken Wings with a Dinner Roll<br><br>Refried Beans  | <b>26</b><br><br><br>1/2 Day Breakfast Service Only  |   |  |
|   | <b>29</b><br>Whole Grain Chicken or Cheese Quesadillas With Salsa & Sour Cream Or<br>All Beef Hot Dog On a Whole Wheat Bun<br><br>Vegetarian Baked Beans<br><br>Baked Potato Half | <b>30 Taco Salad Tuesday</b><br>Whole Grain Breaded Chicken Nuggets with a Bread Stick Or<br>Baked Italian Sub<br><br>Steamed Broccoli   | <b>31</b><br>Bosco Sticks & Tomato<br>Dipping Sauce Or<br>Whole Wheat Beef Fiestada<br><br>Carrots & Corn<br><br>Fruited Jello   | <b>11/1 Pasta Buffet</b><br>Whole Wheat Rotini Pasta with Meat Sauce served with 2 Whole Grain Rolls Or<br>Whole Grain Mac & Cheese Served with 1 Whole Grain Roll<br><br>Italian Style Green Beans   | <b>11/2</b><br>Buffalo Chicken Pizza Or<br>Fish Sandwich Or<br>Grilled Cheese Sandwich<br><br>Dill Seasoned Carrots<br><br>Mini Banana Split                           |   |  |