

# MIDDLE SCHOOL \* FEB. '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**

- 4 Three Cheese Oven Baked Calzones Or Philly Steak & Cheese Sub w/ grilled onions and peppers
- Oven Roasted Broccoli
- White Bean Salad

- 11 Whole Grain Chicken or Cheese Quesadillas With Salsa & Sour Cream Or All Beef Hot Dog On a Whole Wheat Bun
- Steamed Broccoli
- Oven Baked Beans

- 25 Hot & Spicy Chicken Tenders w/ a Whole Grain Breadstick Or Oven Baked Meatball Subs
- Seasoned Corn
- Sweet Potato Pudding

**Tue**

- 5 **Happy 2019 Luna New Year! Year of The Pig**
- General Tso Chicken over Vegetable Fried Rice Vegetable Egg Roll Asian Blend Vegetables Mandarin Oranges Fortune Cookie



- 12 **Taco Salad Tuesday**
- Popcorn Chicken Bowl Whole Grain Roll
- Seasoned Corn
- Marinated Tomato Salad

- 26 **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
- Cold Edamame

**Wed**

- 6 Bosco Sticks & Tomato Dipping Sauce Or Honey BBQ Beef Rib Sandwich
- Seasoned Green Beans
- Strawberry Parfait

- 13 Bosco Sticks & Tomato Dipping Sauce Or Chicken Tortilla Soup With Tortilla Chips
- Crispy Edamame
- Strawberry Applesauce Mousse

- 27 Bosco Sticks & Tomato Dipping Sauce Or Hot Ham and Cheese on a Pretzel Bun
- Parmesan Roasted Broccoli and Onions
- Warm Apple Crisp

**Thu**

- 7 2 for 1 Reduced Fat Beef Tacos on Ultragrain Tortillas with Salsa & Sour Cream Or Up to Two Buffalo Style Glazed Chicken Drum Sticks & Two Whole Grain Rolls
- Bake Potato Half
- Refried Beans

- 14 **Valentine's Day**
- Whole Grain Garlic Cheese Bread Or Whole Wheat Rotini Pasta with Meat Sauce 2 Whole Grain Rolls
- Steamed Mixed Vegetables
- Valentine Cookie

- 28 **Walking Taco**
- Choose Your Toppings: Beef Taco Meat, Salsa, Shredded Lettuce and Cheddar Cheese, & Sour Cream
- Black Bean Confetti Salad

**Fri**

- 1 Buffalo Chicken Pizza Or Fish Sandwich Or Grilled Cheese Sandwich
- Tomato Soup
- Dill Seasoned Carrots

- 8 Chicken Parmesan With Whole Grain Roll Or Fish Sandwich
- NEW!** Au Gratin Cheesy Potatoes
- Seasoned Peas and Carrots

- 15 **1/2 Day of School Breakfast Only**
- Happy Valentine's Day*

- 3/1 Chicken Parmesan With Whole Grain Or Fish Sandwich
- Au Gratin Cheesy Potatoes
- 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.

# Winter Break