

A nourished student is a learning student!

This institution is an equal opportunity provider.



Nutrition Services



A nourished student is a learning student!

FEBRUARY

Sun

Mon

Tue

Wed

Thu

Fri

Sat

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.

Happy Valentines Day

4

Meat & Cheese Nachos with Whole Grain Tortilla Chips

Refried Beans

11

All Beef Hot Dog On a Whole Wheat Bun

Oven Fries

Vegetarian Baked Beans

5

Hot Meat ball Subs

Seasoned Steamed Carrots

Fruited Jello

12

Whole Grain Rotini With Meat Sauce Whole Grain Roll

Steamed Broccoli

Mini Fruit Parfiats

6

Bosco Sticks & Tomato Dipping Sauce

Or

WCS Made Taco Soup with Whole Grain Tortilla Chips

Seasoned Peas

13

Bosco Sticks & Tomato Dipping Sauce

Seasoned Green Beans

7

Up to Two Buffalo Style Glazed Chicken Drum Sticks & Two Whole Grain Rolls

Bake Potato Half

Oven Roasted Broccoli

14

Cook's Choice

Mixed Steamed Veggies

Valentine Cookies

1

Whole Grain Macaroni & Cheese With Grain Roll

Or

Fish Sandwich

Seasoned Green Beans

8

Chicken Parmesan With Whole Grain Roll Or Fish Sandwich

Au Gratin Cheesy Potatoes

15

1/2 Day Breakfast Service Only

2



Also Offered

Mon, Wed & Fri
Cheese Pizza, Pepperoni Pizza, Chicken Patty Sandwich

Tue & Thur:
Cheese Burger, Popcorn Chicken w/ Whole Grain Roll, Spicy Chicken Sandwich

Available Daily:
Turkey Chef Salad, Veggie Chef Salad, Ham Chef Salad, Turkey & Cheese Sub Or Ham & Cheese Sub, Soybutter Jelly Meal

Try any of our assorted fresh fruits and vegetables

Winter Break

25

Whole Grain Chicken Tenders Whole Grain Roll

Baked Potato Half

Seasoned Corn

25

2 for 1 Chicken Fajitas on Ultragrain Tortillas w/ Shredded Lettuce & Cheese, Salsa, & Sour Cream

Refried Beans

27

Bosco Sticks & Tomato Dipping Sauce

Or

WCS Made Tomato Soup Served with a Grilled Cheese Sandwich

Seasoned Green Beans

28

WALKING TACO

Choose Your Toppings:
Beef Taco Meat, Salsa, Shredded Lettuce and Cheddar Cheese, & Sour Cream

Black Bean Confetti Salad

3/1

Chicken Parmesan With Whole Grain Roll Or Fish Sandwich

Oven Roasted Broccoli

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