

# COMMUNITY HIGH \* OCT. '18

A nourished student is a learning student!

This institution is an equal opportunity provider.



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

## Sun

## Mon

1

Oven Baked Calzones  
Oven Baked Fries  
Strawberry Applesauce Mousse

8

All Beef Hot Dog On a Whole Wheat Bun  
Vegetarian Baked Beans  
Oven Baked Fries

15

Hot & Spicy Chicken Tenders  
Served with a Whole Grain Breadstick  
Seasoned Corn  
Cool Tropics 100% Juice Slushie

22

Oven Baked Calzones  
Oven Baked Fries  
Strawberry Applesauce Mousse

29

All Beef Hot Dog On a Whole Wheat Bun  
Vegetarian Baked Beans  
Oven Baked Fries

## Tue

2

Meat & Cheese Nachos with Salsa & Sour Cream  
Refried Beans

9

Baked Italian Sub  
Steamed Broccoli

16

Whole Grain Mini Chicken Corn Dogs  
Tomato & Cucumber Salad

23

Meat & Cheese Nachos with Salsa & Sour Cream  
Refried Beans

30

Baked Italian Sub  
Steamed Broccoli

## Wed

3

Bosco Sticks & Tomato Dipping Sauce  
Oven Roasted Broccoli  
Strawberry Parfait

10

Bosco Sticks & Tomato Dipping Sauce  
Carrots & Corn  
Fruited Jello

17

Bosco Sticks & Tomato Dipping Sauce  
Chickpea & Cherry Tomato Salad  
Fruit Parfait

24

Bosco Sticks & Tomato Dipping Sauce  
Oven Roasted Broccoli  
Strawberry Parfait

31

Bosco Sticks & Tomato Dipping Sauce  
Carrots & Corn  
Fruited Jello

## Thu

4

Whole Wheat Beef Fiestada  
Seasoned Green Beans  
Sweet Potato with Marshmallows

11

Whole Wheat Rotini Pasta with Meat Sauce served with 2 Whole Grain Rolls  
Seasoned Green Beans  
Pumpkin Pudding

18

Hot Ham and Cheese on a Pretzel Bun  
Parmesan Roasted Onions and Broccoli

25

Whole Wheat Beef Fiestada  
Seasoned Green Beans  
Sweet Potato with Marshmallows

11/1

Whole Wheat Rotini Pasta with Meat Sauce served with 2 Whole Grain Rolls  
Seasoned Green Beans  
Pumpkin Pudding

## Fri

5

Buffalo Chicken Pizza Or Fish Sandwich  
Creamy Coleslaw

12

**1/2 Day Breakfast Service Only**

19

Buffalo Chicken Pizza Or Fish Sandwich  
Dill Seasoned Carrots  
Mini Banana Split

26

**1/2 Day Breakfast Service Only**

11/2

Buffalo Chicken Pizza Or Fish Sandwich  
Creamy Coleslaw

## 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.**

### 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.