

# MIDDLE SCHOOL \* JAN 18

A nourished student is a learning student!

This institution is an equal opportunity provider.



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

**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.

82 for 1 Reduced Fat Beef Tacos on Ultragrain Tortillas with Salsa & Sour Cream Or BBQ Pulled Chicken on Whole Wheat Bun

Refried Beans

Marinated Cherry Tomato Salad

15

**No School**



22

Hot & Spicy Chicken Tenders Whole Grain Breadstick Or Meat & Cheese Nachos with Salsa & Sour Cream

Refried Beans Strawberry Kiwi Slushies

29

2 for 1 Reduced Fat Beef Tacos on Ultragrain Tortillas with Salsa & Sour Cream Or Spicy Chicken Sandwich

Refried Beans

Marinated Cherry Tomato Salad

9 **Taco Salad Tuesday**

Oven Baked Calzones Or Philly Steak & Cheese Sub

Oven Baked Fries

Applesauce Mousse

16 **Taco Salad Tuesday**

Whole Grain Breaded Chicken Nuggets with a Bread Stick Or All Beef Hot Dog On a Whole Wheat Bun

Oven Baked Fries

Vegetarian Baked Beans

23 **Taco Salad Tuesday**

Whole Grain Mini Chicken Corn Dogs Or Baked Italian Sub Tomato & Cucumber Salad

Seasoned Peas & Carrots

30 **Taco Salad Tuesday**

Oven Baked Calzones Or Philly Steak & Cheese Sub

Oven Baked Fries

Applesauce Mousse

3

Bosco Sticks & Tomato Dipping Sauce Or Hot & Spicy Chicken Tenders Whole Grain Breadstick

Italian Style Green Beans

10

Bosco Sticks & Tomato Dipping Sauce Or 2 for 1 Chicken Fajitas On Ultra Grain Tortillas

Oven Roasted Broccoli

Seasoned Corn

Blueberry Parfait

17

Bosco Sticks & Tomato Dipping Sauce Or Honey BBQ Beef Rib Sandwich

Dill Seasoned Carrots

Italian Style Green Beans

24

Bosco Sticks & Tomato Dipping Sauce Or Whole Wheat Macaroni & Cheese with Whole Grain Roll

Pickled Beets

Mini Fruit Parfaits

31

Bosco Sticks & Tomato Dipping Sauce Or 2 for 1 Chicken Fajitas On Ultra Grain Tortillas

Oven Roasted Broccoli

Seasoned Corn

Blueberry Parfait

4 Popcorn Chicken Bowls Or Hot Ham and Cheese on a Pretzel Bun

Parmesan Roasted Onions and Broccoli

Seasoned Corn

11

Whole Wheat Beef Fiestada Or Boneless Hot & Spicy Chicken Wings with a Whole Grain Roll

Seasoned Green Beans

Sweet Potato with Marshmallows

18 Pasta Buffet

Rotini Pasta with Home Made Meat Sauce Or Alfredo Sauce Served with a Whole Grain Roll

Seasoned Corn

Pumpkin Pudding

25

Popcorn Chicken Bowls Or Hot Ham and Cheese on a Pretzel Bun

Parmesan Roasted Onions and Broccoli

Seasoned Corn

5

Buffalo Chicken Pizza Or Fish Sandwich

Dill Seasoned Carrots

Mini Banana Split

12

General Tso's Chicken served w/ Brown Rice Or Fish Sandwich

Creamy Coleslaw

Asian Vegetable Blend

Fruited Jello

19

**1/2 Day Breakfast Service Only**

26

Buffalo Chicken Pizza Or Fish Sandwich Or Garlic Cheese Bread with a Roll

Dill Seasoned Carrots

Mini Banana Split

**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**