

BUTCHER * OCT. '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

1
Oven Baked Calzones

Oven Baked Fries

Strawberry Applesauce Mousse

2
Boneless Hot & Spicy Chicken Wings
Or
Whole Grain Breaded Chicken Nuggets
Both Entrée served with a Dinner Roll

3
Bosco Sticks & Tomato Dipping Sauce

Oven Roasted Broccoli

Strawberry Parfait

4
Whole Wheat Beef Fiestada

Seasoned Green Beans

Sweet Potato with Marshmallows

5
Buffalo Chicken Pizza Or Fish Sandwich

Vegetarian Baked Beans

8
All Beef Hot Dog On a Whole Wheat Bun

Vegetarian Baked Beans

Oven Baked Fries

9
Baked Italian Sub

Steamed Broccoli

10
Bosco Sticks & Tomato Dipping Sauce

Carrots & Corn

Fruited Jello

11
Whole Wheat Rotini Pasta with Meat Sauce served with 2 Whole Grain Rolls

Seasoned Green Beans

Pumpkin Pudding

12

1/2 Day Breakfast Service Only

15
Hot & Spicy Chicken Tenders Or Whole Grain Breaded Popcorn Chicken

Both Entrée Served with a Whole Grain Breadstick

Seasoned Corn

Dragon Punch 100% Juice Slushie

16
Whole Grain Mini Chicken Corn Dogs

Tomato & Cucumber Salad

17
Bosco Sticks & Tomato Dipping Sauce

Chickpea & Cherry Tomato Salad

Fruit Parfait

18
Hot Ham and Cheese on a Pretzel Bun

Parmesan Roasted Onions and Broccoli

19
Buffalo Chicken Pizza Or Fish Sandwich

Dill Seasoned Carrots

Mini Banana Split

22
Oven Baked Calzones

Oven Baked Fries

Strawberry Applesauce Mousse

23
Boneless Hot & Spicy Chicken Wings Or Whole Grain Breaded Chicken Nuggets
Both Entrée served with a Dinner Roll

24
Bosco Sticks & Tomato Dipping Sauce

Oven Roasted Broccoli

Strawberry Parfait

25
Whole Wheat Beef Fiestada

Seasoned Green Beans

Sweet Potato with Marshmallows

26

1/2 Day Breakfast Service Only

29
All Beef Hot Dog On a Whole Wheat Bun

Vegetarian Baked Beans

Oven Baked Fries

30
Baked Italian Sub

Steamed Broccoli

31
Bosco Sticks & Tomato Dipping Sauce

Carrots & Corn

Fruited Jello

11/1
Whole Wheat Rotini Pasta with Meat Sauce served with 2 Whole Grain Rolls

Seasoned Green Beans

Pumpkin Pudding

11/2
Buffalo Chicken Pizza Or Fish Sandwich

Vegetarian Baked Beans

Also Offered

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

Tue & Thur:
Cheese Burger,
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 offered daily.

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.