

# COMMUNITY HIGH OCTOBER '22



A nourished student is a learning student!

This institution is an equal opportunity provider.

Breakfast Reduced \$0.30  
 Breakfast Paid \$1.75  
 Lunch Reduced \$0.40  
 Lunch Paid \$3.25  
 Milk Only \$0.60

WCS Nutrition Services  
 A nourished student is a learning student!

## Sun

### HIRING

WCS NUTRITION SERVICES IS LOOKING FOR A FEW GOOD EMPLOYEES TO FULFILL OUR NEED FOR CAFÉTERIA HELPERS. APPLY ONLINE TODAY! Call the Nutrition Service Office at 586.698.4158 to express your interest in employment.



Free and reduced meal applications can be completed online. This convenient and confidential website allows for quicker processing than the paper applications. The link to the Meal Magic Portal is available at the WCS Nutrition Services website.



## Mon

3 Sloppy Joe with a Whole Grain Bun Served with Oven Fries Or Whole Grain Crust Cheese Pizza  
 Side Salad  
 Dill Seasoned Carrots

10 Whole Grain Chicken or Cheese Quesadilla with Salsa or Sour Cream Or Whole Grain Crust Cheese Pizza  
 Carrots & Corn  
 Side Salads

17 Whole Grain Rotini Pasta with Meat Sauce Or Whole Wheat Roll Or Whole Grain Crust Cheese Pizza  
 Green Beans  
 Side Salad

24 Penne Pasta with Alfredo Sauce Or Whole Wheat Roll Or Whole Grain Crust Cheese Pizza  
 Seasoned Peas  
 Side Salad

31 Sloppy Joe with a Whole Grain Bun Or Whole Grain Crust Cheese Pizza  
 Candy Corn Fruit Cup  
 Dill Carrots  
 Side Salads

## Tue

4 Whole Grain Crust Cheese Pizza OR Breaded Chicken Sandwich  
 Side Salad  
 Seasoned Broccoli  
 Garden Sun Chips with each lunch

11 Meatballs (7), Mashed Potatoes with Brown Gravy and Whole Wheat Dinner Roll Or Jalapeño Cheese Bites  
 Broccoli Salad  
 Side Salad  
 Cool Tropic Slushie with each lunch

18 All Beef Hot Dog on Whole Grain Bun Or WG Breaded Mozzarella Cheese Sticks with Marinara Sauce  
 Corn on the Cob  
 Side Salad

25 Turkey Corn Dogs (8) Or Breaded Chicken Sandwich  
 Side Salad  
 Seasoned Broccoli  
 Sweet Potato Fries

## Wed

5 Bosco Sticks & Tomato Dipping Sauce Or Cheese Burger Veggie Burger  
 Seasoned Corn  
 Side Salad

12 Bosco Sticks & Tomato Dipping Sauce Or Inside Out Burger on Whole Wheat Bun topped with baked onion rings  
 Veggie Baked Beans  
 Side Salad

19 Bosco Sticks & Tomato Dipping Sauce Or Fiestada  
 Oven Roasted Broccoli with onions and Parmesan Cheese  
 Side Salad

26 Bosco Sticks & Tomato Dipping Sauce Or Oven Baked Italian Sub  
 Carrots & Corn  
 Side Salad  
 Fruited Gelatin

## Thu

6 Beef Dippers with Vegetable Fried Rice  
 Far East Vegetable Blend Or Spicy Chicken Sandwich  
 Side Salad

13 Michigan Apple Crunch Day  
 Whole Grain Cheese Ravioli with Marinara Sauce with Whole Wheat Dinner Roll Or Whole Grain Breaded Chicken Nuggets (7) Whole Wheat Roll  
 Baked Potato Halves  
 Side Salad  
 Apple Slices w/ Caramel Dip

20 Meat & Cheese with Tortilla Chips Or Cheese with Tortilla Chips Or Breaded Chicken Drumsticks with a roll  
 Refried Beans  
 Steamed Mixed Veggies  
 Side Salad

27 Ham & Cheese on Whole Grain Pretzel Roll Or Cheese Burger Veggie Burger  
 Tater Tots  
 Steamed Carrots  
 Side Salad

## Fri

7 Chicken Parmesan Sandwich on Whole Wheat Bun Or French Bread Pizza  
 Roasted Chick Peas  
 Green Beans  
 Side Salad

14 Hot and Spicy Breaded Chicken Wings Or Whole Grain Mac & Cheese  
 Wheat Rolls  
 Warm Spiced Pears  
 Seasoned Peas  
 Side Salad  
 Cheez Its with each lunch

21 Three Cheese Whole Grain Calzone Or Taco Stick & Salsa  
 Orange Glazed Carrots  
 Side Salad  
 Cool Tropic Slushie with each lunch

28 Half Day Breakfast Only

## Sat

### Cold Lunch Choices

### Every Day

Soybutter Meal,  
 Chicken Chef Salad,  
 Veggie Chef Salad  
 Hummus Platter  
 Large Parfaits with Banana Bread  
 Turkey Sub  
 Choice Of Milk



### Important Notice on Menu Changes in 2022–23 School Year

Nation wide, food suppliers face labor shortages and transportation challenges that are adding to costs and limiting supplies. Food distributors expect to run low on everything from canned fruit to lunch trays. Due to severe labor shortage in our department and food shortage across the nation, WCS Nutrition Services anticipate frequent menu changes in 2022-2023 School Year. We may serve different entrees at different Middle schools depending on availability. We will notify schools and district nurses of all menu changes prior to the serving day so proper announcement can be made.