

BUTCHER * 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 \$3.00
 Milk Only \$0.60



Sun

HIRING

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

IMPORTANT

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



Mon

3 Sloppy Joe with a Whole Grain Bun Or Whole Grain Crust Cheese Pizza
 Side Salad
 Dill 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 Veggie & Cheese Pinwheel OR Breaded Chicken Sandwich
 Side Salad
 Seasoned Broccoli

11 Meatballs, Mashed Potatoes with Brown Gravy and Whole Wheat Dinner Roll Or Jalapeño Cheese Bites
 Broccoli Salad
 Side Salad

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 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 Whole Grain Rolls
 Baked Potato Halves
 Apple Slices w/ Caramel Dip

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

27 Ham & Cheese on Whole Grain Pretzel Roll Or Cheese Burger Veggie Burger
 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 Whole Grain Breaded Chicken Wings Or Whole Grain Mac & Cheese with a Whole Wheat Roll
 Warm Spiced Pears
 Seasoned Peas
 Side Salad

21 Three Cheese Whole Grain Calzone Or Taco Stick
 Orange Glazed Carrots
 Applesauce Mousse
 Side Salad

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.