

COMMUNITY HIGH JUNE '23

A nourished student is a learning student!

This institution is an equal opportunity provider.

Breakfast Reduced	\$.30
Breakfast Paid	\$1.75
Lunch Reduced	\$.40
Lunch Paid	\$3.25
Milk Only	\$0.60



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.

IMPORTANT

Mon

Tue

Wed

Thu

Fri

Sat



5

Whole Grain Chicken or Cheese Quesadilla with **Salsa** or Sour Cream Or Whole Grain Crust Cheese Pizza

Seasoned Corn
Side Salads

12

Whole Grain Crust Cheese Pizza Or **Cooks Choice Entrée**

Assorted Fruits
Assorted Vegetables

6

All Beef Hot Dog on Whole Grain Bun Or **Cooks Choice Entrée**

Broccoli Salad
Side Salad
Cool Tropical Slushie
with each lunch

13

Half Day Breakfast Only

7

Bosco Sticks & **Tomato** Dipping Sauce Or **Cooks Choice Entrée**

Veggie Baked Beans
Fruited Gelatin
Side Salad

14

Half Day Breakfast Only

1

Ham & Cheese on Whole Grain Pretzel Roll Or Jalapeno Cheese Bites

Oven Baked Fries
Side Salads

8

Spicy Chicken Sandwich on a Whole Wheat Bun Or **Cooks Choice Entrée**

Mixed Veggies
Side Salads

15

Half Day Breakfast Only
Last Day Of School

2

Whole Grain Macaroni & Cheese Or 2-for-1 Beef Tacos on Whole Grain Tortillas w. Shredded Cheese & Lettuce **Salsa** & Sour Cream

Mini Fruit Parfaits
Side Salad

9

Beef Fiestada Or **Cooks Choice Entrée**

Roasted Carrots



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

The last week & a half of school, the head cooks may be offering additional hot entrée choices in addition to what is featured on the menu. These cook's choices will vary from school to school as a way to empty out the freezer in preparation of summer shut down.



Have a Safe and Healthy Summer

