

BUTCHER * DECEMBER '22



School closings due to inclement weather cause a change in the lunch menu. Please note that on the day of return, the snow day's menu will be used.

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	\$ 3.00
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 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



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

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

19 Penne Pasta with Alfredo Sauce Or Whole Grain Crust Cheese Pizza
Seasoned Peas

**December 21st– Jan. 3rd
Holiday Break
Have a Safe & Healthy Break
Classes Resume Jan. 4th**

Tue



6 **Early Release**
All Beef Hot Dog on Whole Grain Bun Or French Bread Pizza
Broccoli Salad
Side Salad

13 Meatballs, Mashed Potatoes with Brown Gravy and Whole Wheat Dinner Roll Or WG Breaded Mozzarella Cheese Sticks with **Marinara Sauce**
Corn on the Cob
Side Salad

20 **Half Day
Breakfast Only**

Wed



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

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

1/4 Bosco Sticks & **Tomato** Dipping Sauce Or Whole Grain Turkey Corn Dogs
Seasoned Broccoli

Thu

1 Ham & Cheese on Whole Grain Pretzel Roll Or Cheese Burger Veggie Burger
Baked Potato Halves
Side Salad

8 Whole Grain Cheese Ravioli with Marinara Sauce with Whole Wheat Dinner Roll Or Whole Grain Breaded Chicken Nuggets Whole Grain Rolls
Baked Potato Halves
Side Salads

15 Meat & Cheese with Tortilla Chips Or Cheese with Tortilla Chips Or Breaded Chicken Drumsticks
Refried Beans
Seasoned Broccoli
Side Salad

1/5 Whole Grain Veggie & Cheese Pinwheel OR Cheeseburger on a Whole Grain Bun
Sweet Potato Fries
Seasoned Corn

Fri

2 Hot and Spicy Whole Grain Breaded Chicken Wings w/ Whole Wheat Roll Or Whole Grain Mac & Cheese with Whole Wheat Roll
Warm Spiced Apples
Roasted Chickpeas
Side Salad

9 Beef Dippers with Vegetable Fried Rice Far East Vegetable Blend Or Spicy Chicken Sandwich
Orange Glazed Carrots
Side Salad

16 Three Cheese Whole Grain Calzone Or Taco Stick with Salsa Warm Spiced Pears
Roasted Carrots
Side Salad

1/6 Teriyaki Chicken Sandwich Or Whole Grain Crust Cheese Pizza
Orange Glazed Carrots
Side Salad

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



Happy Holidays!

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.

