

MIDDLE SCHOOL * DEC. 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	\$3.00
Breakfast Paid	\$1.75
Lunch Reduced	\$4.00
Lunch Paid	\$3.00

WCS Nutrition Services
A nourished student is a learning student!

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>HIRING</p> <p>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.</p>		<p>5</p> <p>Whole Grain Rotini Pasta with Meat Sauce Whole Wheat Roll Or Whole Grain Crust Cheese Pizza</p> <p>Green Beans Side Salad</p>	<p>6</p> <p>Early Release Whole Grain Pull Apart Cheese Bread Or Whole Grain Breaded Chicken Nuggets Whole Grain Rolls Vegetarian Baked Beans Side Salad</p>	<p>7</p> <p>Bosco Sticks & Tomato Dipping Sauce Or Fiesta Oven Roasted Broccoli with onions and Parmesan Cheese Side Salad Pumpkin Pudding</p>	<p>1</p> <p>Three Cheese Whole Grain Calzone Or Honey BBQ Beef Rib Sandwich</p> <p>Oven Roasted Broccoli with Parmesan Cheese Side Salad</p>	<p>Cold Lunch Choices</p> <p>Monday, Wednesday, & Friday Soybutter Meal Chicken Chef Salad w/ Ranch Dressing Hummus Platter Chicken Sandwich Spicy Chicken Sandwich</p> <p>Tuesday & Thursday Parfait w/ Banana Bread Veggie Chef Salad w/ Italian Dressing Turkey Sub Sandwich w/ Mayo & Mustard Packet Hamburger & Cheese Burgers Choice Of Milk</p>	
		<p>12</p> <p>Sloppy Joe with a Whole Grain Bun Or Whole Grain Crust Cheese Pizza</p> <p>Orange Glazed Carrots Seasoned Peas Side Salad</p>	<p>13</p> <p>Penne Pasta with Alfredo Sauce Whole Wheat Roll Or Cheese French Bread Pizza Or Taco Salad Sweet Potato Fries Side Salad</p>	<p>14</p> <p>Bosco Sticks & Tomato Dipping Sauce Or WCS Homemade White Chicken Chili W/ Cornbread Muffin Seasoned Broccoli Side Salad Fruited Gelatin</p>	<p>8</p> <p>Meat & Cheese with Tortilla Chips Or Cheese w/ Tortilla Chips Or All Beef Hot Dog on Whole Grain Bun</p> <p>Corn & Peppers Side Salad</p>		<p>2</p> <p>Hot and Spicy Chicken Tenders With Whole Wheat Roll Or Big Mac Salad serve 2 Dinner Rolls Or Black Bean Veggie Burger Confetti Black Bean Salad Side Salad</p>
		<p>19</p> <p>Whole Grain Crust Cheese Pizza OR Oven Baked Italian Sub Sidekick 100% Fruit Slushie Sweet Potato Apple Crunch Roasted Broccoli</p>	<p>20</p> <p>Half Day Breakfast Only</p>	<p>1/4</p> <p>Bosco Sticks & Tomato Dipping Sauce Or Taco Stick & Salsa</p> <p>Refried Beans Warm Spiced Pears</p>	<p>15</p> <p>Whole Grain Veggie & Cheese Pinwheel Or Popcorn Chicken Bowl with Mashed Potato, Corn, Gravy Served with Dinner Roll</p> <p>Carrots & Corn Side Salad</p>		<p>9</p> <p>Breakfast Bowl With Tater Tots & Scrambled Egg w/ WG Biscuit or Hot and Spicy Whole Grain Breaded Chicken Wings with a Roll Warm Spiced Apples Seasoned Carrots Side Salad</p>
		<p>December 21st– Jan. 3rd Holiday Break Have a Safe & Healthy Break Classes Resume Jan. 4th</p>		<p>1/5</p> <p>Whole Grain Breaded Chicken Nuggets Whole Grain Dinner Rolls Or Whole Grain Cheese Ravioli with Marinara Sauce with Whole Wheat Dinner Roll Seasoned Carrots</p>	<p>16</p> <p>Chicken Parmesan Sandwich on Whole Wheat Bun Or Fish Sandwich Or Honey of a Chicken Pita Sandwich Roasted Chick Peas Side Salad</p>		<p>1/6</p> <p>Orange Chicken with Vegetable Fried Rice & Far East Vegetable Blend W/ Dinner Roll Or WG Breaded Mozzarella Cheese Sticks w/ Marinara Sauce Roasted Broccoli Side Salad</p>

Happy Holidays!



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 Services website.

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.

