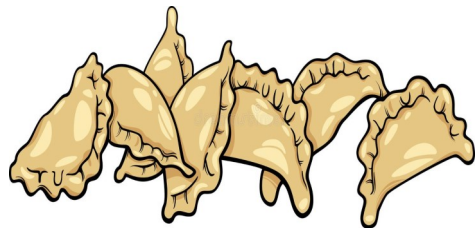


Warren Consolidated Schools High School Lunch Menu  
2022/23 School Year  
Cousino - Sterling Heights High School - Warren Mott



## National Dumpling Day

### September 26th

Celebrate with us in the café!!

Reduced Price Lunch : \$.40 Lunch price: \$3.25

*This institution is an equal opportunity provider.*

#### Everyday entrée choices:

*Whole Grain Bosco Sticks w/ Marinara Sauce, Breaded Chicken Patty Sandwich, Spicy Chicken Sandwich, Fish Sandwich, Hamburger, Cheeseburger, Veggie Burger, Pizzas, Veggie Salads, Chicken Chef Salads, and Greek Chicken Salads, Turkey and Cheese Subs, Turkey Ham and Cheese Subs, Italian Subs, Fruit and Yogurts Parfaits with Banana Bread, Hummus Platters, Soybutter and Jelly Meals*

#### Also Served Daily:

*Large variety of fresh fruits and vegetables, side salads, 100% fruit juices, Fat Free Chocolate Milk, Fat Free White Milk, and 1% Milk*

**We follow a three week cycle menu for lunches to help control food costs, while at the same time offering a larger selection for our students to choose from. PLEASE LOOK AT WEEK START DAYS TO DETERMINE WHICH MENU WILL BE FOLLOWED.**

#### WEEK ONE

*Served the weeks that begin on dates as followed:*

Sept 5

Sept 26

Oct 17

**Monday:** Hot & Spicy Whole Grain Breaded Boneless Chicken Wings or Alfredo Pasta Bake with Whole Wheat Dinner rolls, **Steamed Dill Seasoned Carrots**, Cucumber and **Tomato** Salad

**Tuesday:** Cheese Ravioli & Dinner Roll or Tortilla Chips with Taco Meat and Cheese, **Refried Beans**, Seasoned Green Beans, Fruited Jello

**Wednesday:** General Tso Chicken or Beef Dippers, Refried Rice, Far East Vegetable Blend, Whole Wheat Dinner Rolls, **Edamame Bean**

**Thursday:** Chicken Tenders or Swedish Meatballs, **Mashed Potatoes**, **Steamed Broccoli**, **Marinated Cherry Tomatoes**

**Friday:** Inside Out Burger Bar with Onion Rings or Macaroni and Cheese, Seasoned Peas and Carrots, Potato Salad

## WEEK TWO

*Served the weeks that begin on dates as followed:*

*September 12*

*October 3*

*October 24*

**Monday:** Kentucky Bourbon Chicken Breast or Calzones , **Steamed Carrots**, Malibu Blend Vegetables, Whole Wheat Rolls

**Tuesday:** Chicken Fajita or Taco Meat Rice Bowls, with **Black Beans** , **Mexicali Corn**, Queso Sauce or Cheese Quesadillas, Applesauce Mousse

**Wednesday:** Lasagna Roll Ups with **Marinara Sauce** or Breaded Chicken Nuggets, Whole Grain Garlic Knots, **Seasoned Broccoli**, Pickled Beets

**Thursday:** Popcorn Chicken Bowls, Whole Wheat Rolls, Mashed Potatoes, Corn Or Meat and Cheese Stromboli (pork) , Apple Crisp

**Friday:** All Beef Hot Dog or Breaded Baked Mozzarella Cheese Sticks with **Marinara Sauce**, **Oven Baked Beans**, WCS Made Pickle Slices

## WEEK THREE

*Served the weeks that begin on dates as followed:*

*September 19*

*October 10th*

**Monday:** Big Breakfast for Lunch (Scrambled Eggs, Pancakes, Turkey Sausage Pattie) or Ham and Cheese on a Prezel Bun, Hash Brown Rounds, **Carrot Raisin Salad**

**Tuesday:** Chicken Shawarma Bowl with Rice of Multi Cheese French Bread Pizza, **Seasoned Broccoli**, Whole Wheat Rolls, Warm Spiced Peaches

**Wednesday:** Rotini Pasta Bake or Baked Chicken Drum Sticks, Whole Wheat Rolls, **Au gratin Potatoes**, **Count the Bean Salad**

**Thursday:** Meatball Subs and Mini Turkey Corn Dogs, **Baked Squash**, Cheesy Pea Salad

**Friday:** Spicy Chicken Tenders with Whole Wheat Rolls, Grilled Cheese, Philly Steak and Cheese, Oven Fries, Seasoned Green Beans

**Ala carte items are also sold during lunch. All items sold are Smart Snack Compliant. Choose from a variety of drinks, baked chips, whole grain cookies, and much more. If monies are owed on a student's account, ala carte will not be sold to the student.**

**A complete meal at a high school includes an entrée, up to 1 cup of fruits , up to 1 cup of vegetables, and a choice a 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.