

MIDDLE SCHOOL * OCT. 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	\$4.00
Lunch Paid	\$3.00

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 Services website.



Mon

3 Ham & Cheese on Whole Grain Pretzel Roll
Or
Whole Grain Crust Cheese Pizza

Dill Carrots
Side Salads

10 Whole Grain Rotini Pasta with Meat Sauce
Whole Wheat Roll Or
Whole Grain Crust Cheese Pizza

Green Beans
Side Salad

17 Sloppy Joe with a Whole Grain Bun Or
Whole Grain Crust Cheese Pizza

Seasoned Peas
Side Salad

24 Whole Grain Crust Cheese Pizza OR
Taco Stick

Sidekick 100% Fruit Slushie

Seasoned Broccoli

31 Ham & Cheese on Whole Grain Pretzel Roll
Or
Whole Grain Crust Cheese Pizza
Candy Corn Fruit Cup
Dill Carrots
Side Salads

Tue

4 Grilled Cheese and WCS Made Vegetable Soup
Or
Meatballs, Mashed Potatoes with Brown Gravy and Whole Wheat Dinner Roll
Broccoli Salad
Side Salad

11 All Beef Hot Dog on Whole Grain Bun Or
WG Breaded Mozzarella Cheese Sticks with Marinara Sauce

Seasoned Corn
Side Salad

18 Penne Pasta with Alfredo Sauce
Whole Wheat Roll Or
Meat & Cheese Stromboli (pork)
Or
Turkey Corn Dogs

Side Salad
Sweet Potato Fries

25 Whole Grain Chicken or Cheese Quesadilla with Salsa or Sour Cream Or
Popcorn Chicken Bowl with Mashed Potato, Corn, Gravy
Served with Dinner Roll

Wed

5 Bosco Sticks & Tomato Dipping Sauce Or
Inside Out Burger on Whole Wheat Bun topped with baked onion rings

Veggie Baked Beans
Side Salad

12 Bosco Sticks & Tomato Dipping Sauce Or
Fiestada

Oven Roasted Broccoli with onions and Parmesan Cheese

Side Salad
Pumpkin Pudding

19 Bosco Sticks & Tomato Dipping Sauce Or
Oven Baked Italian Sub

Seasoned Broccoli
Side Salad
Fruited Gelatin

26 Bosco Sticks & Tomato Dipping Sauce Or
Inside Out Burger on Whole Wheat Bun topped with baked onion rings
Carrots & Corn
Fruited Jello
Side Salad

Thu

6 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 Salad

13 Michigan Apple Crunch Day
Meat & Cheese with Tortilla Chips Or
Cheese w/ Tortilla Chips Or
Buffalo Glazed Chicken Drumsticks
Refried Beans
Steamed Mixed Veggies
Apple Slices w/ Caramel Dip

20 Whole Grain Veggie & Cheese Pinwheel Or
Orange Chicken with Vegetable Fried Rice and a Dinner Roll
Far East Vegetable Blend Or
Black Bean Veggie Burger
Side Salad

27 Whole Grain Mac & Cheese with a Whole Wheat Roll Or
Big Mac Salad serve 2 Dinner Rolls Or
Black Bean Veggie Burger
Confetti Black Bean Salad

Fri

7 Whole Grain French Toast Sticks, Syrup, and Turkey Sausage Patty Or
Hot and Spicy Whole Grain Breaded Chicken Wings with a Roll
Warm Spiced Pears
Seasoned Green Beans

14 Three Cheese Whole Grain Calzone Or
Honey BBQ Beef Rib Sandwich
Orange Glazed Carrots
Side Salad

21 Chicken Parmesan Sandwich on Whole Wheat Bun Or
Fish Sandwich Or
Cheese French Bread Pizza

Roasted Chick Peas
Side Salad

28 Half Day Breakfast Only

Sat

Cold Lunch Choices

Monday, Wednesday, & Friday

Soybutter Meal
Chicken Chef Salad w/ Ranch Dressing
Hummus Platter
Chicken Sandwich
Spicy Chicken Sandwich

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



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.