

COMMUNITY HIGH 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	\$3.25
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 CAFÉTERIA 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



5
Whole Grain Chicken or Cheese Quesadilla with Salsa or Sour Cream Or
Whole Grain Crust Cheese Pizza
Carrots & Corn Side Salads
Cool Tropical Slushie with each lunch

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

19
Penne Pasta with Alfredo Sauce
Whole Wheat Roll Or
Whole Grain Crust Cheese Pizza
Seasoned Peas Side Salad

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 & 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 Salad

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
Tater Tots
Steamed Carrots
Side Salad

8
Whole Grain Cheese Ravioli with Marinara Sauce with Whole Wheat Dinner Roll Or
Whole Grain Breaded Chicken Nuggets (7)
Whole Wheat Roll
Baked Potato Halves Side Salad

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

1/5
Whole Grain Veggie & Cheese Pinwheel Or
Cheeseburger on Whole Grain Bun
Sweet Potato Fries
Seasoned Corn
Garden Sun Chips with each lunch

Fri

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

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 & Salsa
Dill Carrots Side Salad
Cool Tropic Slushie with each lunch

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 prior to the serving day so proper announcement can be made.

