

WCS ELEMENTARY MENU * OCT. '18

A Nourished Student is a Learning Student!



Breakfast	\$1.50
Lunch	\$2.75
Milk	\$.60

Breakfast Weekly Cycle Menu
 Monday: Whole Grain Waffles, Fruit, Juice & Milk
 Tuesday: French Toast or Variety of Cold Cereals, Cheese Stick, Fruit, Juice & Milk
 Wednesday: Breakfast Pizza, Mini Cinnamon Bagels, Fruit, Juice & Milk
 Thursday: Pancake or Variety of Cold Cereals with a Cheese Stick, Fruit, Juice & Milk
 Friday: Cinnamon Toast Crunch Crisps, Yogurt, Fruit, Juice & Milk
The Ultimate Breakfast Round and BeneFIT bars are available everyday as a choice.

This institution is an Equal Opportunity Provider.

HIRING
 WCS NUTRITION SERVICES IS LOOKING FOR A FEW GOOD EMPLOYEES TO FULFILL OUR NEED FOR SUBSTITUTE CAFETERIA HELPERS. APPLY ONLINE TODAY!
 Call the Nutrition Service Office at 586.698.4158 to express your interest in employment.

Soybutter & jelly sandwich, cheese stick, and goldfish crackers are offered daily as well.



Mon

- 1 Mini Whole Grain Chicken Corn Dogs
Seasoned Broccoli Cinnamon Applesauce
- 8 Whole Grain Breaded Chicken Patty Sandwich on a Whole Wheat Bun Low Fat Ranch Dressing
Broccoli Salad Peach Cup
- 15 Whole Grain Cheese Italian Dunkers
Marinara Sauce Chickpea & Tomato Salad Peach Cup

Tue

- 2 **Nacho Day**
Reduced Fat Beef Taco Meat & Cheese Sauce over Whole Corn Tortilla Chips
Salsa Refried Beans Peach Cup
- 9 **Taste Testing**
Sweet Potato Pudding
Whole Grain Mini Confetti Pancakes Turkey Sausage Links Fruit Punch
Baby Carrots w/ Ranch
- 16 Hamburger with or without Cheese on Whole Wheat Bun
Smiley Fries Ketchup & Mustard Cinnamon Applesauce

Wed

- 3 Whole Grain Cheese Ravioli w/ Marinara Sauce
WG Jurassic Park Grahams Seasoned Corn Peach Cup
- 10 All Beef Hotdog on a Whole Wheat Bun
Vegetarian Baked Beans Peach Cup
- 17 **National Pasta Day**
WCS Made Mac & Cheese WG Jurassic Park Grahams Seasoned Corn & Carrots Fruited Jello
Mini Cocoa Rice Krispy Treat

Thu

- 4 **Bagel Fun Day**
Whole Grain Bagel Light Cream Cheese Strawberry Yogurt Low Fat Mozzarella Cheese Stick Strawberry Applesauce Mousse
Baby Carrots w/ Ranch
- 11 Popcorn Chicken Whole Grain Dinner Roll Low Fat Ranch or Ketchup
Baked Potato Half Mixed Fruit
- 18 Whole Grain Breaded Chicken Nuggets Whole Grain Dinner Roll
Seasoned Broccoli Peach Cup

Fri

- 5 Garlic Parmesan Whole Grain Flat Bread
Marinara Sauce Seasoned Green Beans Mini Strawberry Parfait
- 12 **1/2 Day of School Breakfast Only**
- 19 Whole Grain Galaxy Personal Cheese Pizza Seasoned Green Beans Mini Banana Splits

Sat

Everyday your child has a choice of milk and an opportunity to select from a wide variety of fresh fruits and vegetables to complete their meal.



Oct 15-19th is the National School Lunch Week. Enjoy a Special Treat on the National Pasta Day.

22

Mini Whole Grain Chicken Corn Dogs
Seasoned Broccoli Cinnamon Applesauce

23 Apple Crunch Day

Reduced Fat Beef Taco Meat & Cheese Sauce over Whole Corn Tortilla Chips
Salsa Refried Beans
Fresh Michigan Apple

24

Whole Grain Cheese Ravioli w/ Marinara Sauce
WG Jurassic Park Grahams Seasoned Corn Peach Cup

25

Bagel Fun Day
Whole Grain Bagel Light Cream Cheese Strawberry Yogurt Low Fat Mozzarella Cheese Stick Strawberry Applesauce Mousse
Baby Carrots w/ Ranch

26

1/2 Day of School Breakfast Only

29

Whole Grain Breaded Chicken Patty Sandwich on a Whole Wheat Bun Low Fat Ranch Dressing
Broccoli Salad Peach Cup

30 Breakfast For Lunch

Whole Grain Mini Confetti Pancakes Turkey Sausage Links Fruit Punch
Baby Carrots w/ Ranch

31 Halloween Lunch

Pumpkin Jack Pretzel Served with Pumpkin Gut Sauce Ghostly Sticks Bloody Beets Chilling Pudding

A Salad Bar is offered each day as a second choice entrée.
 Monday: Yogurt, Cheese Stick, & Banana Bread with Salad
 Tuesday: Hummus, Cheese Stick, & Pita with Salad
 Wednesday: Taco Meat, Tortilla Chips & Salsa with Salad
 Thursday: Diced Turkey & Goldfish Crackers with Salad
 Friday: Diced Chicken & Graham Crackers with Salad

Oct 29—Nov 9. INTERSESSION WEEK FOR YEAR ROUND SCHOOLS - SEPARATE MENU POSTED ONLINE