

# WCS HEADSTART MENU \* OCT. '18

This institution is an Equal Opportunity Provider.

**A Nourished Student is a Learning Student!**



**Sun**



**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.**



**1% white milk included with lunch.**

**Mon**

**1**  
6 Mini Whole Grain Chicken Corn Dogs  
1/4cup Seasoned Broccoli  
1/4cup Cinnamon Applesauce

**8**  
**No School**

**15**  
2 Whole Grain Cheese Italian Dunkers  
1/4cup Marinara Sauce  
1/4cup Marinated Chickpeas  
1 Fresh Apple

**22**  
6 Mini Whole Grain Chicken Corn Dogs  
1/4cup Fresh Broccoli  
1/4cup Cinnamon Applesauce

**29**  
Whole Grain Breaded Chicken Patty Sandwich on a Whole Wheat Bun  
Low Fat Ranch Dressing  
1/4cup Fresh Broccoli Buds  
1/4cup Diced Pears

**Tue**

**2 Taco Day**  
Reduced Fat Beef Taco Meat & Shredded Cheese over  
1 Whole Grain Soft Taco Shell  
1/4cup Salsa  
1/4cup Refried Beans  
1 Fresh Apple

**9 Breakfast For Lunch**  
Whole Grain Mini Confetti Pancakes  
2 Turkey Sausage Links  
1 Fresh Apple  
1/4cup Baby Carrots w/ Ranch

**16**  
Hamburger with or without Cheese on Whole Wheat Bun  
4 Smiley Fries  
Ketchup & Mustard  
1/4 cup Diced Peaches

**23 Taco Day**  
Reduced Fat Beef Taco Meat & Shredded Cheese over  
1 Whole Grain Soft Taco Shell  
1/4cup Salsa  
1/4cup Refried Beans  
1 Fresh Apple

**30 Breakfast For Lunch**  
Whole Grain Mini Confetti Pancakes  
2 Turkey Sausage Links  
1 Fresh Apple  
1/4cup Baby Carrots w/ Ranch

**Wed**

**3**  
3 Whole Grain Cheese Ravioli w/  
1/4 cup Marinara Sauce  
1/4 cup Seasoned Corn  
1/4 cup Diced Pears

**10**  
All Beef Hotdog on a Whole Wheat Bun  
1/4 cup Vegetarian Baked Beans  
1/4 cup Diced Peaches

**17**  
WCS made Mac & Cheese  
1/4 cup Seasoned Corn & Carrots  
1/4 cup Fresh Grapes

**24**  
3 Whole Grain Cheese Ravioli w/  
1/4 cup Marinara Sauce  
1/4cup Seasoned Corn  
1/4 cup Diced Pears

**31**  
Garlic Parmesan Whole Grain Flat Bread  
1/4cup Marinated Chickpeas  
1/4cup Diced Peaches

**Thu**

**4 Bagel Fun Day**  
Whole Grain Bagel  
Light Cream Cheese  
Strawberry Yogurt  
Low Fat Mozzarella Cheese Stick  
1 Fresh Banana  
1/4cup Baby Carrots w/ Ranch

**11**  
12 Whole Grain Breaded Popcorn Chicken  
Low Fat Ranch or Ketchup  
1/4cup Seasoned Corn  
1/4cup Fresh Grapes

**18**  
5 Whole Grain Breaded Chicken Nuggets  
1/4cup Seasoned Broccoli  
1/4cup Cinnamon Applesauce

**25 Bagel Fun Day**  
Whole Grain Bagel  
Light Cream Cheese  
Strawberry Yogurt  
Low Fat Mozzarella Cheese Stick  
1 Fresh Banana  
1/4cup Baby Carrots w/ Ranch

**11/1**  
12 Whole Grain Breaded Popcorn Chicken  
Low Fat Ranch or Ketchup  
1/4cup Seasoned Corn  
1/4cup Fresh Grapes

**Fri**

**5**  
**No School**

**12**  
Whole Grain Galaxy Personal Cheese Pizza  
1/4cup Seasoned Green Beans  
1 Fresh Banana

**19**  
Whole Grain Galaxy Personal Cheese Pizza  
1/4cup Seasoned Green Beans  
1 Fresh Banana

**26**  
Whole Grain Galaxy Personal Cheese Pizza  
1/4cup Seasoned Green Beans  
1/4cup Strawberry Parfait

**11/2**  
Whole Grain Galaxy Personal Cheese Pizza  
1/4cup Seasoned Green Beans  
1 Fresh Banana

**Sa**

\* Hotdogs and Fresh Grapes will be cut up by teachers or teacher aides to prevent chocking.