

# WCS INTERSESSION MENU\* NOV 17

# November



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

**Sun**

**WCS NUTRITION SERVICES IS LOOKING FOR A FEW GOOD EMPLOYEES TO FULFILL OUR NEED FOR SUBSTITUTE CAFEETERIA HELPERS. APPLY ONLINE TODAY! Call Caroline Dylewski at 586.698.4158 to express your interest in employment.**

**Mon**

**Oct 30**  
 Reduced Fat Mac & Cheese  
 Seasoned Green Beans  
 Gold Fish Graham  
 Spiced Apples

**6**

Pasta with Meat Sauce  
 Whole Grain Roll  
 Seasoned Corn  
 Cinnamon Applesauce

**Tue**

**Oct 31**  
 WCS made Chili  
 Served with  
 Tortilla Chips  
 Dill Seasoned Carrots  
 Raisins

**7**

Chicken Parmesan with  
 Marinara Sauce  
 Seasoned Broccoli  
 Despicable Me Honey Graham  
 Pear Cup

**Wed**

**1**  
 Lasagna Cheese Roll Up with  
 Marinara Sauce  
 Whole Wheat Dinner Roll  
 Seasoned Broccoli  
 Fruited Jello

**8 FIELD TRIP BOX LUNCH**

Soybutter & Jelly Sandwich  
 Mozzarella Cheese Stick  
 Goldfish Cracker  
 Carrot Sticks & Ranch  
 Orange Juice

**Thu**

**2 FIELD TRIP BOX LUNCH**  
 Soybutter & Jelly Sandwich  
 Mozzarella Cheese Stick  
 Goldfish Cracker  
 Carrot Sticks & Ranch  
 Orange Juice

**9**

Whole Grain Breaded  
 Chicken Nuggets  
 Whole Wheat Roll  
 BBQ Sauce  
 Vegetarian Baked Beans  
 Peach Cup

**Fri**

**3**  
 Cheeseburger on Whole  
 Wheat Bun  
 Vegetarian Baked Beans  
 Smiley Fries  
 Strawberry Cup

**10**

WCS made Chili  
 Served with  
 Tortilla Chips  
 Seasoned Green Beans  
 Strawberry Cup

# Breakfast



Whole Grain Blueberry  
 Muffin  
 4oz Yogurt  
 Apple Juice  
 Mixed Fruit Cup

Pumpkin Bread  
 Applesauce Cup  
 Grape Juice  
 Milk

Bagel with Lite Cream Cheese  
 Mandarin Orange Cup  
 Apple Juice  
 Milk

Whole Grain Fruity Cheerios  
 Mozzarella Cheese Stick  
 Grape Juice  
 Applesauce  
 Milk

ZeeZee Oatmeal Cocoa Bar  
 Diced Peach Cup  
 Orange Juice  
 Milk