



A Nourished Student is a Learning Student!



## Sun

**HIRING**  
WCS  
NUTRITION  
SERVICES IS  
LOOKING FOR  
A 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.



## Mon

- 30 Certified Halal Beef Steak Burger on Whole Wheat Bun  
4- Smiley Fries  
Ketchup & Mustard  
1/4 cup Peach Cup
- 7 4-Mini Whole Grain Turkey Corn Dogs  
1/4 cup Seasoned Broccoli  
1/4 cup Diced Peaches  
Ketchup & Mustard
- 14 Whole Grain Breaded Chicken Patty Sandwich on a Whole Wheat Bun  
1/4 cup Seasoned Green Beans  
1/4 cup Fresh Grapes  
BBQ Sauce Packet
- 21 All Beef Hot Dog on a Whole Grain Bun  
Ketchup  
1/4 cup Vegetarian Baked Beans  
1/4 cup Mixed Fruit Cup  
Ketchup & Mustard
- 28 Certified Halal Beef Steak Burger on Whole Wheat Bun  
4- Smiley Fries  
Ketchup & Mustard  
1/4 cup Peach Cup

## Tue

- 1 3-Cheese Stuffed Breadstick Bites  
1/4 cup Marinara Sauce  
1/4 Cup Green Beans  
Strawberry Cup
- 8 Whole Grain Beef Taco Stick  
1/4 cup Refried Beans  
1/4 Diced Pears
- 15 **Breakfast for Lunch!**  
1-Whole Grain Waffle  
2-Turkey Sausage Links  
1/4 cup Mandarin Oranges  
1/4 cup Seasoned Carrots
- 22 Italian Pull Apart Cheese & Garlic Bread  
1/4 cup Seasoned Corn & Carrots  
1/4 cup Diced Peaches
- 29 3-Cheese Stuffed Breadstick Bites  
1/4 cup Marinara Sauce  
1/4 Cup Green Beans  
Strawberry Cup

## Wed

- 2 Whole Grain Cheese Quesadillas Served with  
1/4 cup Refried Beans  
1/4 cup Cinnamon Applesauce
- 9 3-Whole Grain Breaded Chicken Tenders  
2 Hashbrown Rounds  
1/4 cup Mixed Fruit Cup  
BBQ Sauce
- 16 3-WG Cheese Pizza Bites  
1/4 cup Marinara Sauce  
1/4 cup Seasoned Edamame  
1/4 cup Mixed Fruit Cup
- 23 WG Galaxy Pizza  
1/4 cup Seasoned Broccoli  
1 Fresh Banana
- 30 Whole Grain Cheese Quesadillas Served with  
1/4 cup Refried Beans  
1/4 cup Cinnamon Applesauce

## Thu

- 3 5-Whole Grain Breaded Dill Turkey Nuggets  
1/4 cup Seasoned Broccoli  
1/4 cup Mixed Fruit Cup  
Ketchup Packet
- 10 **No Lunch For ECSE  
Breakfast Only**
- 17 Warm Turkey Ham and Cheese on Whole Grain Hawaiian Bun  
Low Fat Mozzarella Cheese Stick  
1/4 Cup Seasoned Corn  
1/4 cup Diced Pears
- 24 **No Lunch For ECSE  
Breakfast Only**
- 31 **Happy Halloween**  
5- Whole Grain Breaded Chicken Nuggets  
1/4 cup Seasoned Broccoli  
1/4 cup Mixed Fruit Cup  
Ketchup Packet

## Fri

- 4 1 Smoked Turkey Breast Stick  
1 Cheddar Cheese Stick  
1 bag Whole Grain Cheez-it crackers  
1 bag Baby Carrots  
1 Bag Fresh Apple Slices
- 11 **NO SCHOOL**
- 18 1 Soybutter & Jelly Sandwich  
1 Cheddar Cheese Stick  
1/4 cup Broccoli Buds w. Ranch  
1 bag Apple Slices
- 25 1 Hummus Cup  
1 Cheddar Cheese Stick  
1 Whole Grain Pita (cut)  
1 Bag Cherry Tomatoes  
1 bag Fresh Apple Slices
- 11/1 1 Smoked Turkey Breast Stick  
1 Cheddar Cheese Stick  
1 bag Whole Grain Cheez-it Crackers  
1 bag Baby Carrots  
1 Bag Fresh Apple Slices

## Sat

Everyday your child will receive 1% white milk with their meal.

Due to continued nationwide food shortages and supply chain issues, menus are subject to change depending on availability.