

WCS ELEMENTARY MENU * FEB' 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, Bagel Stick or Mini Cinnamon Bagels

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 CAFÉTERIA HELPERS. APPLY ONLINE TODAY! Call the Nutrition Service Office at 586.698.4158 to express your interest in employment.



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.

Mon

5 Grilled Boneless Chicken Sandwich on a Whole Wheat Bun
Low Fat Ranch Dressing
Oven Roasted Broccoli
Peach Cup

12 Hamburger with or without Cheese on Whole Wheat Bun
Smiley Fries
Ketchup & Mustard
Peach Cup

26 Mini Whole Grain Corn Dogs
Whole Grain Dinner Roll
Vegetarian Baked Beans
Pear Cup



Tue

A Salad Bar is offered each day as a second choice entrée.
Monday: Yogurt, Cheese Stick, & Graham Crackers 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

6 **Taste Testing**
Mediterranean Chickpea Salad
Whole Grain Eggo Mini
Blueberry Pancakes
Turkey Sausage
Baby Carrots w/ Ranch
Assorted Juice

13 Whole Grain Cheese Italian Dunker
Marinara Sauce
Oven Roasted Broccoli
Cinnamon Applesauce

27 Garlic Parmesan Whole Grain Flat Bread
Marinara Sauce
Fresh Broccoli Buds w/ Ranch
Cinnamon Applesauce

Wed

7 All Beef Hotdog on Whole Wheat Hotdog Bun
Seasoned Corn
Roasted Chickpeas
Fruited Jello

14 **Valentine's Day**
Whole Grain Cinnamon Sugar Sweet Heart Pretzel
Strawberry Yogurt
Low Fat Mozzarella Cheese Stick
Cherry Tomato Salad
Jonnypops Smoothie on a stick
Fat Free Strawberry Milk

28 WCS made Turkey Potpie served in a Whole Grain Bread Bowl
Seasoned Corn
Cherry Juice Slushie Cup



Thu

1 **Bagel Fun Day**
Whole Grain Bagel
Light Cream Cheese
Strawberry Yogurt
Low Fat Mozzarella Cheese Stick & Apple Juice
Carrot Sticks w/ Ranch
Applesauce Mousse

Winter Olympics
In PyeongChang, S. Korea
Olympics Chicken Rings drizzled with Korean BBQ Sauce
Olympic Flag Whole Grain Cookie
Hockey Celery Sticks
Ice Skating Strawberry Kiwi Slushie

15 **Chinese New Year**
Year of the Dog
General Tso's
Chicken served w/
Vegetable Fried Brown Rice
Assorted Fresh Vegetables
Mandarin Oranges
Fortune Cookie

Feb. 19—23 Winter Break

Feb. 19—Mar. 2

INTERSESSION WEEK FOR YEAR ROUND SCHOOLS - SEPARATE MENU POSTED ONLINE

Fri

2 Mexicali Beef Fiestada Pizza
Seasoned Green Beans
Mini Peach Parfait

9 Whole Grain Galaxy Personal Cheese Pizza
Seasoned Green Beans
Mini Banana Splits

16 1/2 Day of School Breakfast Service Only



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.

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 www.lunchapp.com is available at the WCS Nutrition Services website.

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

SendMoneyToSchool.com allows parents to make deposits online to their child's nutrition account with no service charge. You will need your child's ID number to access. Deposits can also be made at school with **CASH ONLY**.

**Warren Consolidated School
Nutrition Services February Newsletter**

Breakfast Services Is Available Daily At All Schools

In addition to lunches the Nutrition Services Department offers a variety of easy to eat nutritional breakfasts served out of the cafeteria each morning 15 minutes prior to the start of school. Our school breakfast program gives hardworking parents a hand in meeting their child's nutritional needs without interrupting the school day or taking away from important learning.

**WE ARE
LOOKING
FOR YOU!!**

WCS NUTRITION SERVICES IS IN NEED OF DEDICATED FOOD SERVICE PROFESSIONALS.

- **Perfect job to have while your children are in school**
- **Weekends, holidays, and school breaks off**
- **Work shifts allow you to still pick your child up from school**
- **Learn a fun new job, and earn some extra money**

**JOIN OUR
NUTRITION
SERVICE
FAMILY**

Apply online at www.wcskids.net, the employment tab is at the top of the webpage.

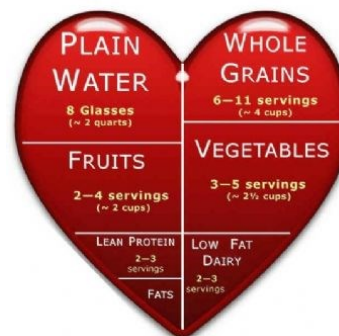
Call 586.698.4158 for more information.



Wellness Policy

You can find our district wellness policy at: <http://www.wcskids.net/departments/nutrition-services/wellness/index.html>

February is American Heart Month



The perfect gift this Valentine's Day is the gift of heart health. Along with Valentine's Day, February marks American Heart Month, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health.

If you start doing small things every day that keep your body healthy, you have a better chance of living a longer, happier and healthier life.

Here are 7 simple ways to live better:

1. Avoid smoking and using tobacco products.
2. Be physically active every day.
3. Eat a heart-healthy diet.
4. Keep a healthy weight.
5. Keep your blood pressure healthy.
6. Keep your total cholesterol healthy.
7. Keep your blood sugar healthy.

