

WCS ELEMENTARY MENU * OCT. '17

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 NUTRI-
 TION 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.

SendMoneyTo-
 School.com allows
 parents to make de-
 posits online to their
 child's nutrition ac-
 count with no service
 charge. You will
 need your child's ID
 number to access.
 Deposits can also be
 made at school with
CASH ONLY.

Mon

2 Nacho Day
 Reduced Fat Beef Taco Meat
 & Cheese Sauce
 over
 Whole Corn Tortilla Chips
 Salsa
 Refried Beans
 Pear Cup

9 Breakfast For Lunch
 Whole Grain Mini Maple
 Pancakes
 Turkey Sausage
 Assorted Juice
 Assorted Fresh Vegetables

16
 Hamburger with or
 without Cheese on
 Whole Wheat Bun
 Waffle Cut Sweet
 Potato Fries
 Ketchup & Mustard
 Pear Cup

23 Nacho Day
 Reduced Fat Beef Taco Meat
 & Cheese Sauce
 over
 Whole Corn Tortilla Chips
 Salsa
 Refried Beans
 Pear Cup

30 Breakfast For Lunch
 Whole Grain Mini Maple
 Pancakes
 Turkey Sausage
 Assorted Juice
 Chickpeas & Tomato Salad

Tue

3
 Whole Grain Breaded
 Chicken Patty Sandwich
 on a Whole Wheat Bun
 Low Fat Ranch Dressing
 Oven Roasted Broccoli
 Cherry Tomato Salad
 Peach Cup

10 Taste Testing
Mediterranean Quinoa Salad
 Whole Grain Cheese
 Italian Dunkers
 Marinara Sauce
 Chickpea & Tomato Salad
 Pear Cup

17
 Mini Whole Grain
 Corn Dogs
 Seasoned Corn
 Fresh Broccoli Buds
 Fresh Apples

24
 Whole Grain Breaded
 Chicken Patty Sandwich
 on a Whole Wheat Bun
 Low Fat Ranch Dressing
 Oven Roasted Broccoli
 Cherry Tomato Salad
 Peach Cup

31 Happy Halloween!
 Pumpkin Jack Pretzel served w.
 Pumpkin Gut Sauce
 Bloody Yogurt
 Witch Finger Sticks
 Frozen Boonana Pop

Wed

4
 Whole Grain Macaroni &
 Cheese
 Despicable Me Honey Graham
 Seasoned Peas
 Carrot Sticks
 Cinnamon Applesauce

11
 Hotdog on WCS made Whole
 Wheat Hotdog Bun
 Fresh Broccoli Buds
 Fruited Jello

18
 WCS made Taco Soup with
 Whole Corn Tortilla Chips
 Seasoned Corn & Carrots
 Peach Cup

25
 Meatballs w/
 Mashed Potatoes & Gravy
 Goldfish Graham
 Sunbelievable Slushie Cup
 Assorted Fresh Fruits



Thu

5 Bagel Fun Day
 Whole Grain Bagel
 Light Cream Cheese
 Strawberry Yogurt
 Low Fat Mozzarella Cheese
 Stick & Apple Juice
 Applesauce Mousse
 Assorted Fresh Veggies

12
 Popcorn Chicken
 Low Fat Ranch or Ketchup
 Whole Grain Dinner Roll
 Baked Potato Half
 Dill Seasoned Carrots
 Assorted Fresh Fruits

19
 Whole Grain Breaded
 Chicken Nuggets
 Goldfish Graham
 Seasoned Peas & Carrots
 Oven Baked Beans
 Assorted Fresh Fruits

26 National Pumpkin Day
 Whole Grain Bagel
 Light Cream Cheese
 Strawberry Yogurt
 Low Fat Mozzarella Cheese
 Stick & Apple Juice
 Assorted Fresh Veggies
 Pumpkin Pudding

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

Fri

6
 Mexicali Beef
 Fiestada Pizza
 Seasoned Corn
 Mini Peach Parfait

13
**1/2 Day of School
 Breakfast Only**

20
 Whole Grain Galaxy
 Personal Cheese Pizza
 Seasoned Green Beans
 Mini Banana Splits

27
**1/2 Day of School
 Breakfast 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 confi-
 dential website allows
 for quicker processing
 than the paper applica-
 tions. 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.

Warren Consolidated School
Nutrition Service October 2017 Newsletter



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>



Halloween is a fun time for kids and it is more than possible to make Halloween healthier than offering just candies.

Making fun & healthy treats using fresh fruits is a great way to increase fruit consumptions and let your little ones enjoy making "spooky" snacks.



Among all the fun & healthy treats. My personal favorite is frozen "Boo"nana pops. Here is how you can recreate at home:

- *Line a baking sheet with parchment paper.*
- *Take a banana and cut in half, length wise. Stick a popsicle stick into the bottom of the banana, make sure you don't push too much or it'll break the banana.*
- *Dip the banana into low-fat yogurt.*
- *Use chocolate chip as the eyes. Place in the freezer for a few hours and enjoy. Happy Halloween.*

