

WCS HEADSTART MENU * FEB 18

This institution is an Equal Opportunity Provider.

A Nourished Student is a Learning Student!



Sun

1% white milk included with lunch.

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.

Mon

- 5 Grilled Boneless Chicken Sandwich on a Whole Wheat Bun
Low Fat Ranch Dressing
Oven Roasted Broccoli
Diced Pears
- 12 Hamburger with or without Cheese on Whole Wheat Bun
Smiley Fries
Ketchup & Mustard
Diced Peaches
- 26 Mini Whole Grain Corn Dogs
Vegetarian Baked Beans
Diced Peaches

Tue

- 6 **Breakfast For Lunch**
Whole Grain Eggo Mini
Blueberry Pancakes
Turkey Sausage
Fresh Apple
Carrot Sticks w/ Ranch
- 13 Whole Grain Cheese Italian Dunker
Marinara Sauce
Be Strong Chickpeas
Cinnamon Applesauce



Wed



- 7 All Beef Hotdog on Whole Wheat Hotdog Bun
Vegetarian Baked Beans
Diced Peaches
- 14 **Valentine's Day**
Whole Grain Bagel
Strawberry Yogurt
Low Fat Mozzarella Cheese Stick
Carrot Sticks w/ Ranch
Red Grapes
- 28 Soybutter & Jelly Sandwich
Low Fat Mozzarella Cheese Stick
Carrot Sticks w/ Ranch
Red Grapes

Thu

- 1 **Bagel Fun Day**
Whole Grain Bagel
Light Cream Cheese
Strawberry Yogurt
Low Fat Mozzarella Cheese Stick & Apple Juice
Carrot Sticks w/ Ranch
- 8 **Winter Olympics**
In PyeongChang, S. Korea
Olympics Chicken Rings drizzled with BBQ Sauce
Seasoned Corn
Ice Skating Strawberry Kiwi Slushie
- 15 Whole Grain Breaded Chicken Nuggets
Served with a Dinner Roll
Fresh Broccoli Buds w/ Ranch
Mandarin Oranges

Fri

- 2 Whole Grain Galaxy
Personal Cheese Pizza
Seasoned Green Beans
Fresh Apple Slices
- 9 Whole Grain Galaxy
Personal Cheese Pizza
Seasoned Green Beans
Fresh Apple Slices
- 16 Whole Grain Galaxy
Personal Cheese Pizza
Seasoned Green Beans
Fresh Apple Slices

Sat

Feb. 19—23 Winter Break