

WCS WOFS MENU * OCT. '18

This institution is an Equal Opportunity Provider.



A Nourished Student is a Learning Student!

Sun



HIRING

WCS NUTRITION SERVICES IS LOOKING FOR A FEW GOOD EMPLOYEES TO FULFILL OUR NEED FOR SUBSTITUTE CAFETERIA HELPERS. APPLY ONLINE TODAY! Call the Nutrition Service Office at 586.698.4158 to express your interest in employment.



1% white milk included with lunch.

Mon

1
6 Mini Whole Grain Chicken Corn Dogs
1/4cup Seasoned Broccoli
1/4cup Cinnamon Applesauce

8
Whole Grain Breaded Chicken Patty Sandwich on a Whole Wheat Bun
Low Fat Ranch Dressing
1/4cup Fresh Broccoli Buds
1/4cup Diced Pears

15
2 Whole Grain Cheese Italian Dunkers
1/4cup Marinara Sauce
1/4cup Marinated Chickpeas
1 Fresh Apple

22
6 Mini Whole Grain Chicken Corn Dogs
1/4cup Seasoned Broccoli
1/4cup Cinnamon Applesauce

29
Whole Grain Breaded Chicken Patty Sandwich on a Whole Wheat Bun
Low Fat Ranch Dressing
1/4cup Fresh Broccoli Buds
1/4cup Diced Pears

Tue

2 **Taco Day**
Reduced Fat Beef Taco Meat & Shredded Cheese over
1 Whole Grain Soft Taco Shell
1/4cup Salsa
1/4cup Refried Beans
1 Fresh Apple

9 **Breakfast For Lunch**
Whole Grain Mini Confetti Pancakes
2 Turkey Sausage Links
1 Fresh Apple
1/4cup Baby Carrots w/ Ranch

16
Hamburger with or without Cheese on Whole Wheat Bun
4 Smiley Fries
Ketchup & Mustard
1/4 cup Diced Peaches

23 **Taco Day**
Reduced Fat Beef Taco Meat & Shredded Cheese over
1 Whole Grain Soft Taco Shell
1/4cup Salsa
1/4cup Refried Beans
1 Fresh Apple

30 **Breakfast For Lunch**
Whole Grain Mini Confetti Pancakes
2 Turkey Sausage Links
1 Fresh Apple
1/4cup Baby Carrots w/ Ranch

Wed

3
3 Whole Grain Cheese Ravioli w/
1/4 cup Marinara Sauce
1/4 cup Seasoned Corn
1/4 cup Diced Pears

10
All Beef Hotdog on a Whole Wheat Bun
1/4 cup Vegetarian Baked Beans
1/4 cup Diced Peaches

17
WCS made Mac & Cheese
1/4 cup Seasoned Corn & Carrots
1/4 cup Fresh Grapes

24
3 Whole Grain Cheese Ravioli w/
1/4 cup Marinara Sauce
1/4cup Seasoned Corn
1/4 cup Diced Pears

31
Garlic Parmesan Whole Grain Flat Bread
1/4cup Marinated Chickpeas
1/4cup Diced Peaches

Thu

4 **Bagel Fun Day**
Whole Grain Bagel
Light Cream Cheese
Strawberry Yogurt
Low Fat Mozzarella Cheese Stick
1 Fresh Banana
1/4cup Baby Carrots w/ Ranch

11
12 Whole Grain Breaded Popcorn Chicken
Low Fat Ranch or Ketchup
1/4cup Seasoned Corn
1/4cup Fresh Grapes

18
5 Whole Grain Breaded Chicken Nuggets
1/4cup Seasoned Broccoli
1/4cup Cinnamon Applesauce

25 **Bagel Fun Day**
Whole Grain Bagel
Light Cream Cheese
Strawberry Yogurt
Low Fat Mozzarella Cheese Stick
1 Fresh Banana
1/4cup Baby Carrots w/ Ranch

11/1
12 Whole Grain Breaded Popcorn Chicken
Low Fat Ranch or Ketchup
1/4cup Seasoned Corn
1/4cup Fresh Grapes

Fri

5
No School

12
No School

19
No School

26
No School

11/2
No School

Sa

* Hotdogs and Fresh Grapes will be cut up by teachers or teacher aides to prevent choking.