

WCS ELEMENTARY MENU * JAN' 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.

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.

Mon

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**.

8 Nacho Day

Taco Meat & Cheese Sauce with
 Whole Corn Tortilla Chips
 Salsa
 Refried Beans
 Pear Cup

15 No School



22

Breakfast For Lunch
 Whole Grain Mini Maple Pancakes
 Turkey Sausage or Yogurt Assorted Juice
 Carrot Sticks w/ Ranch

29

Nacho Day
 Taco Meat & Cheese Sauce with
 Whole Corn Tortilla Chips
 Salsa
 Refried Beans
 Pear Cup

Tue

9

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

16

Hamburger with or without Cheese on Whole Wheat Bun
 Baked Sweet Potato Bites
 Ketchup & Mustard
 Cinnamon Applesauce

23

Mini Whole Grain Cheese Quesadillas
 Salsa
 Refried Beans
 Applesauce Cup

30

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

Wed

3 Happy New Year!

Mini Whole Grain Corn Dogs
 Whole Grain Dinner Roll
 Cherry Tomato Salad
 Cinnamon Applesauce

10

Whole Grain Mac & Cheese
 Whole Grain Dinner Roll
 Seasoned Corn
 Fruited Jello

17

Rotini Pasta with WCS Made Meat Sauce
 Whole Grain Scooby Snacks
 Seasoned Broccoli
 Strawberry Kiwi Slushie

24

Garlic Parmesan Whole Grain Flatbread Pizza
 Broccoli Salad
 Pear Cup

31 January is National Soup Month

WCS Chicken Noodle Soup
 Grilled Cheese Sandwich Whole Grain Bread
 Seasoned Corn
 Fruited Jello

Thu

4

Whole Grain Breaded Chicken Nuggets
 Goldfish Graham
 Seasoned Corn
 Raisins

11 Bagel Fun Day

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

18

Popcorn Chicken
 Low Fat Ranch or Ketchup
 Whole Grain Dinner Roll
 Baked Potato Half
 Peach Cup

25

Whole Grain Breaded Chicken Nuggets
 Goldfish Graham
 Seasoned Corn
 Raisins

Fri

5

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

12 No School at Siersma & Holden

Mexicali Beef
 Fiestada Pizza
 Seasoned Green Beans
 Mini Peach Parfait

19

1/2 Day of School Breakfast Only

26

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

Sa

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.



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.

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

Warren Consolidated School
Nutrition Service January 2018 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>

National Sugar Awareness Week January 15 - 19, 2018

Center for Disease Control and Prevention indicated that Americans are eating and drinking too much added sugars which can lead to health problems such as weight gain and obesity, type 2 diabetes, and heart disease.

To live healthier, longer lives, most need to move more and eat better including getting fewer calories from added sugars.



ADDED SUGAR VS NATURAL SUGAR

Reduce your intake of foods that are high in added sugar.

Natural Sugar vs. Added Sugar

The simple rule is:
SUGARS naturally occurring in fruits, vegetables and dairy are OKAY
but **SUGARS** removed from their original source and **ADDED** to foods, we need to be wary of.

