

WCS HEADSTART MENU * JAN 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 CAFÉTERIA HELPERS. APPLY ONLINE TO-DAY! Call the Nutrition Service Office at 586.698.4158 to express your interest in employment.

Mon

8 Taco Day
Reduced Fat Beef Taco Meat & Shredded Cheese over Whole Grain Soft Taco Shell
Salsa
Refried Beans
Fresh Apple

15 No School



22 Breakfast For Lunch
Whole Grain Mini Maple Pancakes
Turkey Sausage
Apple Juice
Carrot Sticks w/ Ranch

29 Taco Day
Reduced Fat Beef Taco Meat & Shredded Cheese over Whole Grain Soft Taco Shell
Salsa
Refried Beans
Fresh Apple

Tue

9 Whole Grain Breaded Chicken Patty Sandwich on a Whole Wheat Bun
Low Fat Ranch Dressing
Oven Roasted Broccoli
Diced Peaches

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
Diced Peaches

30 Whole Grain Breaded Chicken Patty Sandwich on a Whole Wheat Bun
Low Fat Ranch Dressing
Oven Roasted Broccoli
Diced Peaches

Wed

10 Whole Grain Mac & Cheese
Whole Grain Dinner Roll
Seasoned Corn
Diced Pears

17 Rotini Pasta with WCS Made Meat Sauce
Whole Grain Goldfish Cracker
Seasoned Broccoli
Mixed Fruit

24 Garlic Parmesan Whole Grain Cheese Flatbread Pizza
Broccoli Salad
Mixed Fruit

31 Grilled Cheese Sandwich
Whole Grain Bread
Seasoned Corn
Cinnamon Applesauce

Thu

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

18 Popcorn Chicken
Low Fat Ranch or Ketchup
Whole Grain Dinner Roll
Oven Baked Smiley Fries
Peach Cup

25 Whole Grain Breaded Chicken Nuggets
Whole Grain Goldfish Graham
Seasoned Corn
Fresh Apple

1% white milk included with lunch.

Fri

12 Whole Grain Cheese Lasagna Rollups
With Marinara Sauce
Seasoned Green Beans
Fresh Banana

19 Whole Grain Galaxy Personal Cheese Pizza
Seasoned Green Beans
Fresh Apple Slices

26 No School

Sat