

# WCS WORLD OF 4S MENU \* JAN 18

This institution is an Equal Opportunity Provider.

A Nourished Student is a Learning Student!



Sun

Mon

Tue

Wed

Thu

Fri

Sat



3  
Mini Whole Grain  
Corn Dogs  
Whole Grain Dinner Roll  
Dill Seasoned Carrots  
Cinnamon Applesauce

4  
Whole Grain Breaded  
Chicken Nuggets  
Goldfish Graham  
Seasoned Corn  
Raisins

5  
**No School**

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

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

12  
**No School**

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

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

19  
**No School**

24  
Garlic Parmesan Whole Grain  
Flatbread Pizza  
Broccoli Salad  
Mixed Fruit

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

26  
**No School**

31  
Grilled Cheese Sandwich  
Whole Grain Bread  
Seasoned Corn  
Cinnamon Applesauce

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.

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

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