

# WCS WOFS MENU \* MAY '22

**A Nourished Student is a Learning Student!**



**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**
- 2 Hamburger or Cheese Burger served with Whole Grain Hamburger Bun  
 4 Smiley Fries  
 1/4 cup Mixed Fruit
- 9 Whole Grain Breaded Chicken Tenders  
 Whole Grain Graham Crackers  
 1/4 cup Green Beans  
 1 bag Dried Cranberries
- 16 Whole Grain Breaded Popcorn Chicken  
 Whole Grain Scooby Snacks  
 1/4 cup **Oven Baked Vegetarian Beans**  
 1/4 cup Diced Pears
- 23 All Beef Hotdog on a Whole Wheat Hotdog Bun  
 1/4 cup **Oven Baked Vegetarian Beans**  
 1/4 cup Mixed Fruit
- 30 **No School**

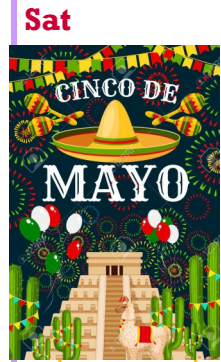


- Tue**
- 3 **No School**
- Election Day**
- 10 Whole Grain Bagel with Lite Cream Cheese Strawberry Yogurt  
 Low Fat Mozzarella Cheese Stick  
**Baby Carrots w/ Ranch**
- 17 **Early Release**  
 Whole Grain Mini French Toast  
 Chicken Sausage Patties  
 Orange Juice  
 1/4 cup **Fresh Cherry Tomatoes**
- 24 Oven Baked Whole Grain Breaded Mozzarella Cheese Sticks  
 1/4 cup **Tomato Dipping Sauce**  
 1/4 cup Diced Peaches
- 31 Whole Grain Breaded Cheese Pizza Bites  
 1 Corn on Cob  
 100% Fruit Juice Slushie Treat

- Wed**
- 4 6 Whole Grain Mini Turkey Corn Dogs  
 1/4 cup **Oven Roasted Broccoli**  
 1/4 cup Diced Peaches
- 11 All Beef Meatballs served with **Mashed Potatoes** and Brown Gravy  
 Whole Grain Dinner Roll  
 1/4 cup Fruited Jello
- 18 Whole Grain Soft Pretzel Served with Cheese Sauce  
 1/4 cup **Broccoli Buds with Ranch**  
 1/4 cup Mixed Fruit
- 25 **Zoo Crew Lunch**  
 Whole Grain Breaded Zoo Crew Nuggets  
 Whole Grain Animal Crackers  
**4 Smiley Fries**  
 1 bag Fresh Apple Slices
- 6/1 **Parfait Lunch**  
 Fruit Parfait made with Low Fat Yogurt served with Whole Grain Banana Bread  
 Low Fat Mozzarella Cheese Stick  
**Baby Carrots with Ranch**

- Thu**
- 5 **Cinco de Mayo**  
 Reduced Fat Beef Taco Meat & Cheese Sauce served with Tortilla Chips & 1/4 cup **Salsa**  
 1/4 cup Tropical Fruit Salad
- 12 Mozzarella Cheese Topped Breadsticks  
 1/4 cup **Marinara Sauce**  
 1/4 cup Diced Pears
- 19 Whole Grain Breaded Chicken Patty on a Whole Wheat Hamburger Bun  
 BBQ Sauce  
 1/4 cup **Seasoned Corn**  
 1/4 cup Diced Peaches
- 26 WCS made Grilled Cheese Sandwich  
 1/2 cup Fresh Side Salads  
 1/4 cup Diced Pears
- 6/2 Mozzarella Cheese Topped Breadsticks  
 1/4 cup **Marinara Sauce**  
 1/4 cup Diced Pears

- Fri**
- 6 **No School**
- 13 **No School**
- 20 **No School**
- 27 **No School**
- 6/3 **No School**



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.

Due to nationwide food shortages and supply chain issues, menus are subject to change depending on availability.

Breakfast menu is on the back of the back page.

A Complete Breakfast & Lunch are Free to Students in 2021/22 School Year  
 Milk Only \$0.60

This institution is an Equal Opportunity Provider.