

WCS HEADSTART MENU * DEC. '18

This institution is an Equal Opportunity Provider.

A Nourished Student is a Learning Student!



Sun	Mon	Tue	Wed	Thu	Fri	Sa	
<p><u>HIRING</u></p> <p>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.</p>	<p>3</p> <p>2 Whole Grain Cheese Italian Dunkers 1/4cup Marinara Sauce 1/4cup Marinated Chickpeas 1 Fresh Apple</p>	<p>4</p> <p>Hamburger with or without Cheese on Whole Wheat Bun 4 Smiley Fries Ketchup & Mustard 1/4 cup Diced Peaches</p>	<p>5</p> <p>Whole Grain Mac & Cheese 1/4 cup Seasoned Carrots 1/4 cup Fresh Grapes</p>	<p>6</p> <p>5 Whole Grain Breaded Chicken Nuggets 1/4cup Fresh Broccoli Buds 1/4cup Diced Pears</p>	<p>7</p> <p>Whole Grain Galaxy Personal Cheese Pizza 1/4cup Seasoned Green Beans 1 Fresh Banana</p>		
	<p>10 Taco Day</p> <p>Reduced Fat Beef Taco Meat & Shredded Cheese over 1 Whole Grain Soft Taco Shell 1/4cup Salsa 1/4cup Refried Beans 1/4cup Diced Pears</p>	<p>11</p> <p>6 Mini Whole Grain Chicken Corn Dogs 1/4cup Fresh Broccoli Buds 1/4cup Fresh Grapes</p>	<p>12</p> <p>3 Whole Grain Cheese Ravioli w/ 1/4 cup Marinara Sauce 1/4cup Seasoned Corn 1/4 cup Diced Peaches</p>	<p>13 Bagel Fun Day</p> <p>Whole Grain Bagel Light Cream Cheese Strawberry Yogurt Low Fat Mozzarella Cheese Stick 1 Fresh Banana 1/4cup Baby Carrots w/ Ranch</p>	<p>14</p> <p>No School</p>		
	<p>17</p> <p>Whole Grain Breaded Chicken Patty Sandwich on a Whole Wheat Bun Low Fat Ranch Dressing 1/4cup Fresh Broccoli Buds 1/4cup Diced Pears</p>	<p>18 Breakfast For Lunch</p> <p>Whole Grain Mini Confetti Pancakes 2 Turkey Sausage Links 1 Fresh Apple 1/4cup Baby Carrots w/ Ranch</p>	<p>19</p> <p>5 Whole Grain Breaded Chicken Nuggets 4 Smiley Fries 1 Fresh Banana</p>	<p>20</p> <p>All Beef Hotdog on a Whole Wheat Bun 1/4cup Vegetarian Baked Beans 1/4 cup Diced Peaches</p>	<p>21</p> <p>No School</p>		



*Dec 21st—Jan 4th All Classrooms are Closed
Have a Healthy and Safe Break*

1% white milk included with lunch.

