

WCS ELEMENTARY MENU * SEPT. '17

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.

Sun

HIRING
 WCS NUTRI-TION 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.

Soybutter & jelly sandwich, cheese stick, and goldfish crackers are offered daily as well.

Mon



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

4 Labor Day No School



11 Nacho Day
 Reduced Fat Beef Taco Meat & Cheese Sauce over Whole Corn Tortilla Chips
 Salsa
 Refried Beans
 Pear Cup

18 Breakfast For Lunch
 Whole Grain Mini Maple Pancakes
 Turkey Sausage
 Assorted Juice
 Assorted Fresh Vegetables

25
 Hamburger with or without Cheese on Whole Wheat Bun
 Waffle Cut Sweet Potato Fries
 Ketchup & Mustard
 Pear Cup

Tue

5 No Lunch at Traditional Schools

Mini Whole Grain Corn Dogs
 Seasoned Corn
 Broccoli Salad
 Pear Cup

12
 Whole Grain Breaded Chicken Patty Sandwich on a Whole Wheat Bun
 Low Fat Ranch Dressing
 Oven Roasted Broccoli
 Cherry Tomato Salad
 Peach Cup

19
 Whole Grain Cheese Italian Dunkers
 Marinara Sauce
 Seasoned Green Beans
 Chickpea & Tomato Salad
 Pear Cup

26 Johnny Appleseed's BD
 Mini Whole Grain Corn Dogs
 Seasoned Corn
 Fresh Broccoli Buds
 Apple Crisp

Wed

6
 Hamburger with or without Cheese on Whole Wheat Bun
 Waffle Cut Sweet Potato Fries
 Ketchup & Mustard
 Cinnamon Applesauce

13
 WCS Made Grilled Cheese w/ Whole Wheat Bread
 WCS Made Tomato Soup
 Seasoned Peas
 Assorted Fresh Fruits

20
 Spaghetti w/ WCS Made Tomato & Meat Sauce
 Whole Grain Dinner Roll
 Fresh Broccoli Buds
 Peach Cup

27 World School Milk Day
 Meatballs w/ Mashed Potatoes & Gravy
 Scooby Snack
 Assorted Fresh Fruits
 Strawberry Kiwi Slushie
 Strawberry Milk

Thu

7
 Whole Grain Breaded Chicken Nuggets
 Whole Grain Dinner Roll
 Seasoned Peas & Carrots
 Oven Baked Beans
 Fruited Jello

14 Bagel Fun Day
 Whole Grain Bagel
 Light Cream Cheese
 Strawberry Yogurt
 Low Fat Mozzarella Cheese Stick & Apple Juice
 Applesauce Mousse
 Assorted Fresh Veggies

21
 Popcorn Chicken
 Low Fat Ranch or Ketchup
 Baked Potato Half
 Dill Seasoned Carrots
 Goldfish Graham
 Assorted Fresh Fruits

28
 Whole Grain Breaded Chicken Nuggets
 Whole Grain Dinner Roll
 Seasoned Peas & Carrots
 Oven Baked Beans
 Fruited Jello

Fri

8
 Whole Grain Galaxy Personal Cheese Pizza
 Seasoned Green Beans
 Mini Banana Splits

15
 Mexicali Beef Fiestada Pizza
 Seasoned Corn
 Mini Peach Parfait

22
1/2 Day of School Breakfast Only

29
 Whole Grain Galaxy Personal Cheese Pizza
 Seasoned Green Beans
 Mini Banana Splits

Sat

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.**

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.

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.



Warren Consolidated School Nutrition Service Monthly Newsletter

WE ARE LOOKING FOR YOU!!

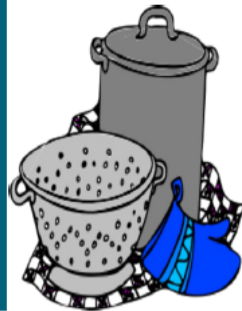
**WCS NUTRITION SERVICES IS IN NEED
OF DEDICATED FOOD SERVICE
PROFESSIONALS.**

- **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.



September is National Better Breakfast Month!

Why Breakfast is important for young students?

- Eating breakfast can improve cognitive performance, test scores and achievement scores in students.
- Students who eat a balanced breakfast may have better concentration.
- Eating breakfast regularly may also help students maintain a healthy weight.



- Overnight Oats
- Reduced sugar, whole grain cereal with low fat milk & a cheese stick
- Fruit and nut parfait
- Protein rich smoothie

- French toast w/ fresh fruit
- Egg white omelet with fresh veggies, avocado and turkey
- Breakfast burrito bites with veggies and lean protein
- Oatmeal pumpkin pancake



Try our balanced breakfast options at WCS schools.

Warren Consolidated Schools Nutrition Services Department offers a variety of easy to eat nutritional breakfasts served out of the cafeteria each morning 15mins before class.

Our breakfast program gives hardworking parents a hand in meeting their child's nutritional needs without interrupting the school day or taking away from learning time.

