

WCS ELEMENTARY MENU * NOV. '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

Mon

Tue

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



Wed

1

Johnny Marzetti
 Despicable Me Honey Graham
 Seasoned Broccoli
 Fruited Jello



Thu

2

Popcorn Chicken
 Low Fat Ranch or Ketchup
 Whole Grain Dinner Roll
 Baked Potato Half
 Raisins

Fri

3

Mexicali Beef
 Fiestada Pizza
 Seasoned Green Beans
 Mini Peach Parfait

Sat

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.

Oct 31—Nov 10. INTERSESSION WEEK FOR YEAR ROUND SCHOOLS - SEPARATE MENU POSTED ONLINE

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.

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

6

Hamburger with or without Cheese on Whole Wheat Bun
 Waffle Cut Sweet Potato Fries
 Ketchup & Mustard
 Mixed Fruit

7

Election Day No School

8

Whole Grain Mac & Cheese
 Whole Grain Dinner Roll
 Oven Roasted Broccoli
 Fruited Jello

9

Whole Grain Breaded Chicken Nuggets
 Whole Grain Goldfish Graham
 Oven Baked Beans
 Pumpkin Pudding

10

1/2 Day of School Breakfast Only

13

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

14

Whole Grain Breaded Chicken Patty Sandwich on a Whole Wheat Bun
 Low Fat Ranch Dressing
 Oven Roasted Broccoli
 Mixed Fruit

15

Thanksgiving Lunch
 Roasted Turkey with Gravy
 Mashed Potatoes
 Garnished with Parsley Flakes
 Whole Wheat Dinner Roll
 Assorted Vegetables
 Spiced Apples
 Harvest Cookie

16

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

17

Whole Grain Galaxy
 Personal Cheese Pizza
 Seasoned Green Beans
 Mini Banana Split

20

Turkey Shaped Whole Grain Pretzel
 Served with Cheese Sauce
 Sweet BBQ Turkey Breast Stick
 Roasted Root Vegetables
 Strawberry Kiwi Slushie

21

1/2 Day of School Breakfast Only

No Salad Bar on Nov. 20th

Have a Healthy and Safe Break



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.

27

Breakfast For Lunch
 Whole Grain Mini Maple Pancakes
 Turkey Sausage
 Assorted Juice
 Fresh Broccoli Buds

28

Whole Grain Cheese Italian Dunkers
 Marinara Sauce
 Chickpea & Tomato Salad
 Mixed Fruit

29

WCS made Beef Shepherd Pie
 Despicable Me Honey Graham
 Strawberry Mango Slushie

30

Popcorn Chicken
 Low Fat Ranch or Ketchup
 Whole Grain Dinner Roll
 Baked Potato Half
 Raisins

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.**

Warren Consolidated School
Nutrition Service November 2017 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.



November: Tips to Thanksgiving

By Dietetic Intern Sara Langnas

Stuffing season is right around the corner, which means consuming large portions of food and foods that are generally higher in calories.

What most people do not know, this is **AVOIDABLE!**

It is not required to gain a few pounds and to feel like you cannot move from the couch (even though we all want to watch the **University of Michigan** vs **Ohio State** game).

Here are some tidbits to help you feel better during gobble season:

- Put as many colors on your plate
 - Go Easy on the gravy
 - Pass up the bread basket
- Avoid the skin of your turkey
- Have fresh fruits for dessert



Try making a fruit turkey w/ your little one.



Wellness Policy
You can find our district wellness policy at:
<http://www.wcskids.net/departments/nutrition-services/wellness/index.html>