WCS HEADSTART MENU * FEB. ' 19

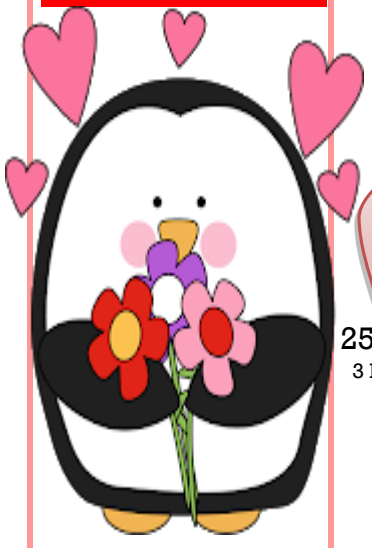
This institution is an Equal Opportunity Provider.

A Nourished Student is a Learning Student!

Nutrition Services — A nourished student is a learning student!

Head Start

Sun	Mon	Tue	Wed	Thu	Fri	Sa
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.**				**1% white milk included with lunch.**	1 ***REVISED*** 2 Whole Grain Cheese Italian Dunkers 1/4cup Marinara Sauce 1/4cup Seasoned Green Beans 1 Fresh Apple	
	4 6 Mini Whole Grain Chicken Corn Dogs 1/4cup Fresh Broccoli Buds 1/4cup Fresh Grapes	5 4 Beef Dippers Ketchup Whole Grain Dinner Roll 1/4 Seasoned Carrots 1/4cup Mandarin Oranges	6 1 Garlic Parmesan Whole Grain Flat Bread 1/4cup Orange Glazed Sweet Potatoes 1/4 cup Mixed Fruit	7 **Bagel Fun Day** Whole Grain Bagel Light Cream Cheese Strawberry Yogurt Low Fat Mozzarella Cheese Stick 1 Fresh Banana 1/4cup Baby Carrots w/ Ranch	8 **No Class**	
	11 ***REVISED*** 12 Whole Grain Breaded Popcorn Chicken 1/4 cup Vegetarian Baked Beans 1/4 cup Diced Pears	12 ***REVISED*** Hamburger with or without Cheese on Whole Wheat Bun 4 Smiley Fries Ketchup & Mustard 1/4 cup Diced Peaches	13 ***REVISED*** WCS made Grilled Cheese Sandwich 1/4 Cup Seasoned Carrots Bagged Apple Slices	14 ***REVISED*** 5 Whole Grain Breaded Chicken Nuggets 1/4cup Fresh Broccoli Buds 1/4cup Diced Pears	15 Whole Grain Galaxy Personal Cheese Pizza 1/4cup Seasoned Green Beans 1 Fresh Banana	
	25 3 Mini Whole Grain Cheese Qeusadillas 1/4cup Salsa 1/4 cup Refried Beans 1 Fresh Apple	26 Hamburger on Whole Wheat Bun 1/4 cup Sweet Potato Waffle Fries Ketchup & Mustard 1/4 cup Applesauce	27 Whole Grain Grilled Cheese 1/4 cup Seasoned Peas & Carrots 1/4 cup Fresh Grapes	28 5 Whole Grain Breaded Chicken Nuggets Baked Potato Half 1/4cup Diced Peaches	3/1 **No Class**	



Winter Break