

WCS HEADSTART MENU * NOV. '18

This institution is an Equal Opportunity Provider.

A Nourished Student is a Learning Student!



Sun

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.

Mon

- 5 2 Whole Grain Cheese Italian Dunkers
 1/4cup Marinara Sauce
 1/4cup Marinated Chickpeas
 1 Fresh Apple
- 12 **Taco Day**
 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

- 26 Whole Grain Breaded Chicken Patty Sandwich on a Whole Wheat Bun
 Low Fat Ranch Dressing
 1/4cup Fresh Broccoli Buds
 1/4cup Diced Pears

Tue

- 6 **No School Election Day**
- 13 6 Mini Whole Grain Chicken Corn Dogs
 1/4cup Fresh Broccoli Buds
 1/4cup Fresh Grapes

- 27 **Breakfast For Lunch**
 Whole Grain Mini Confetti Pancakes
 2 Turkey Sausage Links
 1 Fresh Apple
 1/4cup Baby Carrots w/ Ranch

Wed

- 7 Whole Grain Mac & Cheese
 1/4 cup Seasoned Corn
 1/4 cup Fresh Grapes
- 14 **Thanksgiving Lunch**
 WCS Made Oven Roasted Turkey
 w/ 1/4 cup Mashed Potatoes & Low Sodium Gravy
 1 Whole Grain Bread Stick
 1/4cup Warm Spiced Apples

- 28 All Beef Hotdog on a Whole Wheat Bun
 1/4cup Vegetarian Baked Beans
 1/4 cup Diced Peaches

Thu

- 1 12 Whole Grain Breaded Popcorn Chicken
 Low Fat Ranch or Ketchup
 1/4cup Seasoned Corn
 1/4cup Mixed Fruit
- 8 5 Whole Grain Breaded Chicken Nuggets
 1/4cup Fresh Broccoli Buds
 1/4cup Diced Peaches
- 15 **Bagel Fun Day**
 Whole Grain Bagel
 Light Cream Cheese
 Strawberry Yogurt
 Low Fat Mozzarella Cheese Stick
 1/4cup Strawberry Parfait
 1/4cup Baby Carrots w/ Ranch

- 29 12 Whole Grain Breaded Popcorn Chicken
 Low Fat Ranch or Ketchup
 1/4cup Seasoned Corn
 1/4cup Fresh Grapes

Fri

- 2 Whole Grain Galaxy Personal Cheese Pizza
 1/4cup Seasoned Green Beans
 1 Fresh Banana
- 9 Whole Grain Galaxy Personal Cheese Pizza
 1/4cup Seasoned Green Beans
 1 Fresh Banana
- 16 Whole Grain Galaxy Personal Cheese Pizza
 1/4cup Peas
 1 Fresh Banana

- 30 Whole Grain Galaxy Personal Cheese Pizza
 1/4cup Seasoned Green Beans
 1 Fresh Banana

Sa



*Nov. 19th—23rd All Classrooms are Closed
 Have a Healthy and Safe Break*

