

WCS HEADSTART MENU * MAY 18

This institution is an Equal Opportunity Provider.

A Nourished Student is a Learning Student!



Sun

1% white milk included with lunch.

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.

Mon

7

Mini Whole Grain
Corn Dogs
Whole Grain Dinner Roll
Oven Roasted Broccoli
Diced Peaches

14

Whole Grain Breaded
Chicken Patty on
a Whole Wheat Bun
Low Fat Ranch Dressing
Vegetarian Baked Beans
Apple Slices

21

Hamburger with or
without Cheese on
Whole Wheat Bun
Oven Roasted Broccoli
Diced Peas



Tue

1

Whole Grain Cheese
Italian Dunker
Marinara Sauce
Seasoned Broccoli
Cinnamon Applesauce

8

No School
Election Day

15 **Breakfast For Lunch**

Whole Grain Pillsbury Mini
Maple Pancakes
Turkey Sausage
Baby Carrots w/ Ranch
Assorted Juice

22

Whole Grain Cheese
Italian Dunker
Marinara Sauce
Seasoned Peas
Cinnamon Applesauce

28-30
Head Start Closed

Wed

2

Grilled Cheese Sandwich on
Whole Wheat Bun
Seasoned Peas
Diced Peaches

9

Meatballs with Mashed Potatoes
& Low Sodium Gravy
Whole Grain Dinner Roll
Mixed Fruit

16

Whole Grain Macaroni & Cheese
Seasoned Broccoli
Cinnamon Applesauce

23

Oven Roasted Turkey Served
with a WG Dinner Roll
Mashed Potatoes & Gravy
Diced Peaches

Thu

3

Whole Grain Breaded
Chicken Nuggets
Giant Goldfish Graham
Vegetarian Baked Beans
Seasoned Carrots
Mixed Fruit

10

Bagel Fun Day
Whole Grain Bagel
Light Cream Cheese
Strawberry Yogurt
Low Fat Mozzarella Cheese Stick &
Apple Juice
Baby Carrots w/ Ranch

17

Whole Grain Breaded
Popcorn Chicken
Low Fat Ranch or Ketchup
Whole Grain Dinner Roll
Seasoned Corn
Diced Peaches

24

Whole Grain Breaded
Chicken Nuggets
Vegetarian Baked Beans
Mixed Fruit

31 **Bagel Fun Day**

Whole Grain Bagel
Light Cream Cheese
Strawberry Yogurt
Low Fat Mozzarella Cheese Stick &
Apple Juice
Baby Carrots w/ Ranch

Fri

4

Whole Grain Pizzeria Style
Cheese Pizza
Seasoned Green Beans
Fresh Banana

11

Garlic Parmesan Whole
Grain Flat Bread
Seasoned Green Beans
Fresh Banana

18

Whole Grain Galaxy
Personal Cheese Pizza
Seasoned Green Beans
Strawberry Parfait

25

Cheese Lasagna Roll-up
w/ Marinara Sauce
Seasoned Green Beans
Fresh Banana

6/1

Whole Grain Galaxy
Personal Cheese Pizza
Seasoned Green Beans
Strawberry Parfait