

WCS INTERSESSION MENU

* APRIL 18 AT SIERSMA ELEMENTARY



USDA is an equal opportunity provider and Employer.

A Nourished Student is a Learning Student!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>CHOICE of MILK INCLUDED WITH LUNCH</p>					
	<p>4/9 Whole Grain Cheese Quesadilla Salsa Refried Beans Cinnamon Applesauce</p>	<p>4/10 All Beef Meatballs served w/ Mashed Potatoes & Low Sodium Brown Gravy Whole Grain Dinner Rolls Seasoned Green Beans Mixed Fruit</p>	<p>4/11 Lasagna Cheese Roll Up with Marinara Sauce Whole Grain Goldfish Graham Seasoned Broccoli Pear Cup</p>	<p>4/12 Field Trip Day Lunches Need to be Delivered Before 8am Soybutter & Jelly Sandwich Whole Grain Goldfish Cracker Low Fat Mozzarella String Cheese Carrot Sticks & Ranch Fruit Punch</p>	<p>4/13 Whole Grain Breaded Chicken Sandwich on a Whole Wheat Bun Seasoned Carrots & Corn BBQ Sauce Peach Cup</p>	
<h1>Breakfast</h1>						
	<p>Whole Grain Blueberry Poptart (1ct) 4oz Yogurt Apple Juice Mixed Fruit Cup Milk</p>	<p>Whole Grain Apple Roll Applesauce Cup Grape Juice Milk</p>	<p>Bagel with Lite Cream Cheese Mandarin Orange Cup Apple Juice Milk</p>	<p>Lucky Charm Cereals Mozzarella Cheese Stick Grape Juice Applesauce Milk</p>	<p>Chocolate Chip Ultimate Breakfast Round Diced Peach Cup Orange Juice Milk</p>	