

WCS ELEMENTARY MENU * DEC. '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

HIRING
 WCS NUTRI-
 TION 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.



School closings due to inclement weather cause a change in the lunch menu. Please note that the day of return, the snow day's menu will be used.

Mon

4 Nacho Day
 Turkey Taco Meat & Cheese Sauce with Whole Corn Tortilla Chips
 Salsa
 Refried Beans
 Pear Cup

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

18 Christmas Lunch
 Whole Grain Breaded Chicken Drumstick
 Gingerbread People
 Seasoned Corn & Carrots
 Cherry & Lime Slushie

No Salad Bar On Dec 18th

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**.

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

5 Whole Grain Breaded Chicken Patty Sandwich on a Whole Wheat Bun
 Low Fat Ranch Dressing
 Oven Roasted Broccoli
 Peach Cup

12 Taste Testing
 Orange Couscous Salad
 Whole Grain Cheese
 Italian Dunkers
 Marinara Sauce
 Roasted Chickpeas
 Mixed Fruit

Wed

6 All Beef Hotdog on a Whole Wheat Hotdog Bun
 Smiley Fries
 Raisins

13 Grilled Cheese served with WCS made Tomato Soup
 Cherry Slushie
 Assorted Fresh Vegetables
 Cinnamon Applesauce

Thu



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

14 Popcorn Chicken
 Low Fat Ranch or Ketchup
 Baked Potato Half
 Scooby Snacks
 Raisins

Fri

1 Mexicali Beef
 Fiestada Pizza
 Seasoned Green Beans
 Mini Peach Parfait

8 Whole Grain Galaxy
 Personal Cheese Pizza
 Seasoned Green Beans
 Mini Banana Splits

15 Mexicali Beef
 Fiestada Pizza
 Seasoned Green Beans
 Mini Peach Parfait

Sat

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

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.

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.



Warren Consolidated School
Nutrition Service December 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.



Wellness Policy

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



TIPS TO MAINTAIN WEIGHT DURING THE HOLIDAYS

By DMC Dietetic Intern Mike Hall

The holiday season is notorious for foods high in calories which usually results in weight gain during this time. These are some tricks to decrease the amount you eat and maintain weight during the holiday season.



- * **Stay Active:** don't let the winter blues stop exercise regimen. This will help decrease intake of food and sweets and burn calories.
- * **Smaller Plate:** When buffet meals are served. The smaller the plate, the less food you consume.
- * **Take Your Time Eating:** The stomach takes a good 20 minutes to start releasing hormones to tell the brain it's full. Take your time eating, interact in conversation, and really enjoy the holiday food.

* **Take Smaller Bites:** The smaller the bite, the more you chew your food, the better. This will help slow down eating habits and control how much you eat.

* **Fall off the Wagon, Get Back on:** If you have a day where you eat too much food, don't let it discourage you. If you fall off the wagon, get back on the next day and practice good techniques to stay at a steady weight during the times of celebration .

