

# WCS ELEMENTARY MENU \* SEPT. '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.

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

**Mon**

**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

**4 Labor Day  
 No School**



**11 Nacho Day**  
 Reduced Fat Beef Taco Meat  
 & Cheese Sauce  
 over  
 Whole Corn Tortilla Chips  
**Salsa**  
**Refried Beans**  
 Pear Cup

**18 Breakfast For Lunch**  
 Whole Grain Mini Maple  
 Pancakes  
 Turkey Sausage  
 Assorted Juice  
 Assorted Fresh Vegetables

**25**  
 Hamburger with or  
 without Cheese on  
 Whole Wheat Bun  
**Waffle Cut Sweet  
 Potato Fries**  
 Ketchup & Mustard  
 Pear Cup

**Tue**

**5 No Lunch at  
 Traditional Schools**

Mini Whole Grain  
 Corn Dogs  
**Seasoned Corn**  
**Broccoli Salad**  
 Pear Cup

**12**  
 Whole Grain Breaded  
 Chicken Patty Sandwich  
 on a Whole Wheat Bun  
 Low Fat Ranch Dressing  
**Oven Roasted Broccoli**  
**Cherry Tomato Salad**  
 Peach Cup

**19**  
 Whole Grain Cheese  
 Italian Dunkers  
**Marinara Sauce**  
 Seasoned Green Beans  
**Chickpea & Tomato Salad**  
 Pear Cup

**26 Johnny Appleseed's BD**  
 Mini Whole Grain  
 Corn Dogs  
 Seasoned Corn  
**Fresh Broccoli Buds**  
 Apple Crisp

**Wed**

**6**  
 Hamburger with or  
 without Cheese on  
 Whole Wheat Bun  
**Waffle Cut Sweet  
 Potato Fries**  
 Ketchup & Mustard  
 Cinnamon Applesauce

**13**  
 WCS Made Grilled Cheese  
 w/ Whole Wheat Bread  
**WCS Made Tomato Soup**  
 Seasoned Peas  
 Assorted Fresh Fruits

**20**  
 Spaghetti w/  
 WCS Made **Tomato &  
 Meat Sauce**  
 Whole Grain Dinner Roll  
**Fresh Broccoli Buds**  
 Peach Cup

**27 World School Milk Day**  
 Meatballs w/  
**Mashed Potatoes & Gravy**  
 Scooby Snack  
 Assorted Fresh Fruits  
 Strawberry Kiwi Slushie  
**Strawberry Milk**

**Thu**

**7**  
 Whole Grain Breaded  
 Chicken Nuggets  
 Whole Grain Dinner Roll  
 Seasoned Peas & **Carrots**  
**Oven Baked Beans**  
 Fruited Jello

**14 Bagel Fun Day**  
 Whole Grain Bagel  
 Light Cream Cheese  
 Strawberry Yogurt  
 Low Fat Mozzarella Cheese  
 Stick & Apple Juice  
 Applesauce Mousse  
 Assorted Fresh Veggies

**21**  
 Popcorn Chicken  
 Low Fat Ranch or Ketchup  
**Baked Potato Half**  
**Dill Seasoned Carrots**  
 Goldfish Graham  
 Assorted Fresh Fruits

**28**  
 Whole Grain Breaded  
 Chicken Nuggets  
 Whole Grain Dinner Roll  
 Seasoned Peas & **Carrots**  
**Oven Baked Beans**  
 Fruited Jello

**Fri**

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

**15**  
 Mexicali Beef  
 Fiestada Pizza  
**Seasoned Corn**  
 Mini Peach Parfait

**22**  
**1/2 Day of School  
 Breakfast Only**

**29**  
 Whole Grain Galaxy  
 Personal Cheese Pizza  
 Seasoned Green Beans  
 Mini Banana Splits

**Sat**

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.**

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](http://www.lunchapp.com) is available at the WCS Nutrition Services website.



## Warren Consolidated School Nutrition Service Monthly Newsletter

# WE ARE LOOKING FOR YOU!!

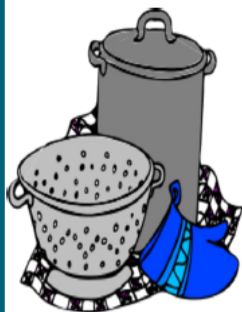
**WCS NUTRITION SERVICES IS IN NEED  
OF DEDICATED FOOD SERVICE  
PROFESSIONALS.**

- **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](http://www.wcskids.net), the  
employment tab is at the  
top of the webpage.

Call 586.698.4158 for  
more information.



## September is National Better Breakfast Month!

### Why Breakfast is important for young students?

- Eating breakfast can improve cognitive performance, test scores and achievement scores in students.
- Students who eat a balanced breakfast may have better concentration.
- Eating breakfast regularly may also help students maintain a healthy weight.



- Overnight Oats
- Reduced sugar, whole grain cereal with low fat milk & a cheese stick
- Fruit and nut parfait
- Protein rich smoothie

- French toast w/ fresh fruit
- Egg white omelet with fresh veggies, avocado and turkey
- Breakfast burrito bites with veggies and lean protein
- Oatmeal pumpkin pancake



### Try our balanced breakfast options at WCS schools.

Warren Consolidated Schools Nutrition Services Department offers a variety of easy to eat nutritional breakfasts served out of the cafeteria each morning 15mins before class.

Our breakfast program gives hardworking parents a hand in meeting their child's nutritional needs without interrupting the school day or taking away from learning time.

