

# WCS HEADSTART MENU \* SEPT. '17

This institution is an Equal Opportunity Provider.

A Nourished Student is a Learning Student!



Sun

Mon

Tue

Wed

Thu

Fri

Sat

## HIRING

WCS NUTRITION SERVICES IS LOOKING FOR A FEW GOOD EMPLOYEES TO FULFILL OUR NEED FOR SUBSTITUTE CAFÉTERIA HELPERS. APPLY ONLINE TO-DAY! Call the Nutrition Service Office at 586.698.4158 to express your interest in employment.

1% white milk included with lunch.



**11 Taco Day**  
Reduced Fat Beef Taco Meat & Shredded Cheese over  
Whole Grain Soft Taco Shell  
**Salsa**  
**Refried Beans**  
Fresh Apple

**18 Breakfast For Lunch**  
Whole Grain Mini Maple Pancakes  
Turkey Sausage  
**Oven Baked Tater Tots**  
**Diced Peaches**

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

**12** Whole Grain Breaded Chicken Patty Sandwich on a Whole Wheat Bun  
Low Fat Ranch Dressing  
**Oven Roasted Broccoli**  
Diced Pears

**19** Whole Grain Cheese Italian Dunkers  
**Marinara Sauce**  
**Be Strong Chickpeas**  
Diced Pears

**26 Johnny Appleseed's BD**  
Mini Whole Grain Turkey Corn Dogs  
**Oven Roasted Broccoli**  
Fresh Apple

**13** WCS Made Grilled Cheese w/ Whole Wheat Bread  
Seasoned Peas  
**Diced Peaches**

**20** Whole Grain Soybutter & Jelly Sandwich  
Low Fat Mozzarella Cheese Stick  
**Carrot Sticks** with Ranch  
Fresh Apple

**27** Meatballs w/ **Mashed Potatoes & Gravy**  
Whole Grain Goldfish Cracker  
Cinnamon Applesauce

**14 Bagel Fun Day**  
Whole Grain Bagel  
Light Cream Cheese  
Strawberry Yogurt  
Low Fat Mozzarella Cheese Stick  
**Carrot Sticks** with Ranch  
Cinnamon Applesauce

**21** Popcorn Chicken  
Low Fat Ranch or Ketchup  
Whole Grain Goldfish Cracker  
**Oven Roasted Broccoli**  
Fresh Orange

**29** Whole Grain Breaded Chicken Nuggets  
Whole Grain Dinner Roll  
**Oven Baked Beans**  
**Diced Peaches**

**15** Mexicali Beef Fiestada Pizza  
**Seasoned Corn**  
Fresh Banana

**22** Whole Grain Galaxy Personal Cheese Pizza  
Seasoned Green Beans  
Fresh Banana

**30** Mexicali Beef Fiestada Pizza  
Seasoned Green Beans  
Fresh Banana