

WCS WORLD OF 4S 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.



<p>11 Taco Day Reduced Fat Beef Taco Meat & Shredded Cheese over Whole Grain Soft Taco Shell Salsa Refried Beans Fresh Apple</p>	<p>12 Whole Grain Breaded Chicken Patty Sandwich on a Whole Wheat Bun Low Fat Ranch Dressing Oven Roasted Broccoli Diced Pears</p>	<p>13 WCS Made Grilled Cheese w/ Whole Wheat Bread Seasoned Peas Diced Peaches</p>	<p>14 Bagel Fun Day Whole Grain Bagel Light Cream Cheese Strawberry Yogurt Low Fat Mozzarella Cheese Stick Carrot Sticks with Ranch Cinnamon Applesauce</p>	<p>15 No School</p>
<p>18 Breakfast For Lunch Whole Grain Mini Maple Pancakes Turkey Sausage Oven Baked Tater Tots Diced Peaches</p>	<p>19 Whole Grain Cheese Italian Dunkers Marinara Sauce Be Strong Chickpeas Diced Pears</p>	<p>20 Whole Grain Soybutter & Jelly Sandwich Low Fat Mozzarella Cheese Stick Carrot Sticks with Ranch Fresh Apple</p>	<p>21 Popcorn Chicken Low Fat Ranch or Ketchup Whole Grain Goldfish Cracker Oven Roasted Broccoli Fresh Orange</p>	<p>22 No School</p>
<p>25 Hamburger with or without Cheese on Whole Wheat Bun Waffle Cut Sweet Potato Fries Ketchup & Mustard Diced Pears</p>	<p>26 Johnny Appleseed's BD Mini Whole Grain Turkey Corn Dogs Oven Roasted Broccoli Fresh Apple</p>	<p>27 Meatballs w/ Mashed Potatoes & Gravy Whole Grain Goldfish Cracker Cinnamon Applesauce</p>	<p>29 Whole Grain Breaded Chicken Nuggets Whole Grain Dinner Roll Oven Baked Beans Diced Peaches</p>	<p>30 No School</p>