

# WCS ELEMENTARY MENU \* JUNE 18

**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**

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.

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



**Mon**

4 Whole Grain Breaded Chicken Patty on a Whole Wheat Bun  
 Low Fat Ranch Dressing  
 Vegetarian Baked Beans  
 Apple Slices

11 Hamburger with or without Cheese on Whole Wheat Bun  
 Smiley Fries  
 Ketchup & Mustard  
 Mixed Fruit

18 Mini Whole Grain Corn Dogs  
 Whole Grain Dinner Roll  
 Assorted Veggies  
 Assorted Fruits

**Tue**

A Salad Bar is offered each day as a second choice entrée.  
 Monday: Yogurt, Cheese Stick, & Banana Bread with Salad  
 Tuesday: Hummus, Cheese Stick, & 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

The salad bar option will not be available the last three days of school.

5 **Breakfast For Lunch**  
 Whole Grain Pillsbury Mini Maple Pancakes  
 Turkey Sausage  
 Baby Carrots w/ Ranch  
 Assorted Juice

12 Whole Grain Cheese Italian Dunker  
 Marinara Sauce  
 Seasoned Broccoli  
 Cinnamon Applesauce

19 Soybutter & Jelly Sandwiches with a Mozzarella Cheese Stick & Goldfish Crackers  
 Assorted Veggies  
 Assorted Fruits

AS WELL AS A VARIETY OF COOK'S CHOICE OPTIONS

**Wed**

6 Whole Grain Macaroni & Cheese  
 Whole Grain Scooby Snack  
 Oven Roasted Broccoli  
 Mixed Fruit

13 Soybutter & Jelly Sandwiches with a Mozzarella Cheese Stick & Goldfish Crackers  
 Assorted Veggies  
 Assorted Fruits

AS WELL AS A VARIETY OF COOK'S CHOICE OPTIONS

20 **Last Day for Year Round Schools Breakfast Only**

**Thu**



7 Popcorn Chicken  
 Low Fat Ranch or Ketchup  
 Whole Grain Dinner Roll  
 Seasoned Corn  
 Cinnamon Applesauce

14 **Last Day for Traditional Schools Breakfast Only**  
 Whole Grain Breaded Chicken Nuggets  
 Whole Grain Dinner Roll  
 Vegetarian Baked Beans  
 Assorted Fruits

The last week & a half of school, the head cooks may be offering additional hot entrée choices in addition to what is featured on the menu. These cook's choices will vary from school to school as a way to empty out the freezer in preparation of summer shut down.

**Fri**

1 Whole Grain Galaxy  
 Personal Cheese Pizza  
 Seasoned Green Beans  
 Mini Strawberry Parfait

8 Garlic Parmesan Whole Grain Flat Bread  
 Marinara Sauce  
 Seasoned Green Beans  
 Mini Banana Split

15 Whole Grain Galaxy  
 Personal Cheese Pizza  
 Assorted Veggies  
 Assorted Fruits

**Sat**

**HIRING**

WCS NUTRITION 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.

**REMINDER:**

Free and reduced meal applications can be completed for the 18/19 school year online in August 2018. 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 Schools  
Nutrition Service June 2018 Newsletter**  
By Dietetic Intern Samantha Stucky



**HOW TO PACK HEALTHY  
SCHOOL LUNCHES FOR  
YOUR KIDS ON A  
BUDGET.**

**Shopping Tips:**

- Include a variety of healthful foods from all food groups.
- Consider foods you already have in the house before shopping
- Buy only the amount you are planning on consuming or that can be frozen for later
- Check of coupons! Also find items on sale to use.
- Be mindful of portion sizes and food safety practices
- Most importantly HAVE FUN WITH FOOD!

**Example Lunch Items That are Cheap, Easy and Healthy:**

- Low fat yogurt
- Low fat cheese sticks
- Fruit cups (packed in natural juices or light syrup)
- Baby carrots
- Fresh veggies (pick what is in season)
- Whole grain bread for sandwiches
- Whole fruits (apples, banana, kiwi ect)



**Wellness Policy**

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

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.

[SendMoneyToSchool.com](http://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**.

**HIRING**

**WCS NUTRITION 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.**