

# 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	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>HIRING</b></p> <p>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.</p>	<p><b>A Salad Bar is offered each day as a second choice entrée.</b>                      Monday: Yogurt, Cheese Stick, &amp; Graham Crackers with Salad                      Tuesday: Hummus &amp; Pita with Salad                      Wednesday: Taco Meat , Tortilla Chips &amp; Salsa with Salad                      Thursday: Diced Turkey &amp; Goldfish Crackers with Salad                      Friday: Diced Chicken &amp; Graham Crackers with Salad</p>					
	<p><b>4 Labor Day No School</b></p>	<p><b>5 No Lunch at Traditional Schools</b></p> <p>Mini Whole Grain Corn Dogs Seasoned Corn Broccoli Salad Pear Cup</p>	<p><b>6</b></p> <p>Hamburger with or without Cheese on Whole Wheat Bun Waffle Cut Sweet Potato Fries Ketchup &amp; Mustard Cinnamon Applesauce</p>	<p><b>7</b></p> <p>Whole Grain Breaded Chicken Nuggets Whole Grain Dinner Roll Seasoned Peas &amp; Carrots Oven Baked Beans Fruited Jello</p>	<p><b>8</b></p> <p>Whole Grain Galaxy Personal Cheese Pizza Seasoned Green Beans Mini Banana Splits</p>	<p>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.</p>
<p><b>11 Nacho Day</b></p> <p>Reduced Fat Beef Taco Meat &amp; Cheese Sauce over Whole Corn Tortilla Chips Salsa Refried Beans Pear Cup</p>	<p><b>12</b></p> <p>Whole Grain Breaded Chicken Patty Sandwich on a Whole Wheat Bun Low Fat Ranch Dressing Oven Roasted Broccoli Cherry Tomato Salad Peach Cup</p>	<p><b>13</b></p> <p>WCS Made Grilled Cheese w/ Whole Wheat Bread WCS Made Tomato Soup Seasoned Peas Assorted Fresh Fruits</p>	<p><b>14 Bagel Fun Day</b></p> <p>Whole Grain Bagel Light Cream Cheese Strawberry Yogurt Low Fat Mozzarella Cheese Stick &amp; Apple Juice Applesauce Mousse Assorted Fresh Veggies</p>	<p><b>15</b></p> <p>Mexicali Beef Fiestada Pizza Seasoned Corn Mini Peach Parfait</p>		
<p><b>18 Breakfast For Lunch</b></p> <p>Whole Grain Mini Maple Pancakes Turkey Sausage Assorted Juice Assorted Fresh Vegetables</p>	<p><b>19</b></p> <p>Whole Grain Cheese Italian Dunkers Marinara Sauce Seasoned Green Beans Chickpea &amp; Tomato Salad Pear Cup</p>	<p><b>20</b></p> <p>Spaghetti w/ WCS Made Tomato &amp; Meat Sauce Whole Grain Dinner Roll Fresh Broccoli Buds Peach Cup</p>	<p><b>21</b></p> <p>Popcorn Chicken Low Fat Ranch or Ketchup Baked Potato Half Dill Seasoned Carrots Goldfish Graham Assorted Fresh Fruits</p>	<p><b>22</b></p> <p><b>1/2 Day of School Breakfast Only</b></p>	<p>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 <a href="http://www.lunchapp.com">www.lunchapp.com</a> is available at the WCS Nutrition Services website.</p>	
<p>Soybutter &amp; jelly sandwich, cheese stick, and goldfish crackers are offered daily as well.</p>	<p><b>25</b></p> <p>Hamburger with or without Cheese on Whole Wheat Bun Waffle Cut Sweet Potato Fries Ketchup &amp; Mustard Pear Cup</p>	<p><b>26 Johnny Appleseed's BD</b></p> <p>Mini Whole Grain Corn Dogs Seasoned Corn Fresh Broccoli Buds Apple Crisp</p>	<p><b>27 World School Milk Day</b></p> <p>Meatballs w/ Mashed Potatoes &amp; Gravy Scooby Snack Assorted Fresh Fruits Strawberry Kiwi Slushie Strawberry Milk</p>	<p><b>28</b></p> <p>Whole Grain Breaded Chicken Nuggets Whole Grain Dinner Roll Seasoned Peas &amp; Carrots Oven Baked Beans Fruited Jello</p>		<p><b>29</b></p> <p>Whole Grain Galaxy Personal Cheese Pizza Seasoned Green Beans Mini Banana Splits</p>



## Warren Consolidated School Nutrition Service Monthly Newsletter

# WE ARE LOOKING FOR YOU!!

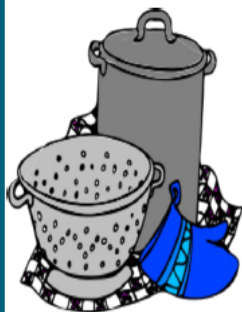
**WCS NUTRITION SERVICES IS IN NEED  
OF DEDICATED FOOD SERVICE  
PROFESSIONALS.**

- **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.

