

WCS ELEMENTARY MENU * MAY 18

A Nourished Student is a Learning Student!



Sun

Mon

Tue

Wed

Thu

Fri

Sat

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

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

2 Grilled Cheese Sandwich on Whole Wheat Bread
 WCS made Tomato Soup
 Seasoned Green Beans
 Fruited Jello

3 Whole Grain Breaded Chicken Nuggets
 Giant Goldfish Graham
 Vegetarian Baked Beans
 Seasoned Peas & Carrots
 Mixed Fruit

4 **1/2 Day of School Breakfast 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.

7 Mini Whole Grain Corn Dogs
 Whole Grain Dinner Roll
 Oven Roasted Broccoli
 Mixed Fruit

8 **No School Election Day**

9 Whole Grain Breaded Drumstick
 Whole Grain Goldfish Graham
 Seasoned Corn
 Strawberry Applesauce Mousse

10 **Bagel Fun Day**
 Whole Grain Bagel
 Light Cream Cheese
 Strawberry Yogurt
 Low Fat Mozzarella Cheese Stick & Apple Juice
 Baby Carrots w/ Ranch

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

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

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

16 Whole Grain Macaroni & Cheese
 Whole Grain Scooby Snack
 Seasoned Peas & Carrots
 Fresh Broccoli Buds w/ Ranch
 Mixed Fruit

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

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

21 Hamburger with or without Cheese on Whole Wheat Bun
 Smiley Fries
 Ketchup & Mustard
 Pear Cup

22 Whole Grain Cheese Italian Dunker
 Marinara Sauce
 Seasoned Peas & Carrots
 Cinnamon Applesauce

23 WCS Made Oven Roasted Turkey Served with WG Dinner Rolls
 Mashed Potatoes & Gravy
 Fresh Broccoli Buds w/ Ranch
 Strawberry Applesauce Mousse

24 Whole Grain Breaded Chicken Nuggets
 Whole Grain Dinner Roll
 Vegetarian Baked Beans
 Mixed Fruit

25 **1/2 Day of School Breakfast Only**

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

28 **No School**



29 Mini Whole Grain Corn Dogs
 Whole Grain Dinner Roll
 Vegetarian Baked Beans
 Mixed Fruit

30 **"School of Fish" Lunch**
 Turkey & Cheese Sandwich
 On Honey Wheat Goldfish Bread
 Whole Grain Goldfish Graham
 Broccoli Salad
 Strawberry Kiwi Slushies

31 **Bagel Fun Day**
 Whole Grain Bagel
 Light Cream Cheese
 Strawberry Yogurt
 Low Fat Mozzarella Cheese Stick & Apple Juice
 Baby Carrots w/ Ranch

6/1 Whole Grain Galaxy Personal Cheese Pizza
 Seasoned Green Beans
 Mini Strawberry Parfait

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.

HIRING

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

Warren Consolidated Schools
Nutrition Service May 2018 Newsletter
By Dietetic Intern Vanessa Wood



CELEBRATING CINCO DE MAYO

What is Cinco De Mayo?

Cinco De Mayo is celebrated on the fifth of May to commemorate the victory of the Mexican army over France in the battle of Puebla in 1862. With the help of the U.S, the Mexicans were able to officially able to regain rule. This became an important holiday for the U.S as Mexican-Americans used the victory as inspiration for the union struggle in the civil war. Interestingly, Cinco De Mayo is actually more widely celebrated in the U.S than it is in Mexico. People often celebrate with parades, parties and traditional Mexican foods.



Try this yummy vegetarian taco recipe to celebrate Cinco de Mayo this year!

- 2 tablespoons olive oil
- 1 medium onion, diced
- 1 14 oz package of mushrooms
- 1/4 tsp salt
- 1 medium zucchini, diced
- 4 garlic cloves
- 1/2 tsp oregano
- 1/4 cup cherry tomatoes
- pinch of chili pepper
- 1 tsp smoked paprika
- 1 can black beans, drained
- 1 tablespoon fresh cilantro
- 8-10 four inch corn tortillas



Heat 1 1/2 Tbsp. of the oil in a large skillet. Add onion, pepper and mushrooms and cook until translucent. Mix in salt and zucchini. Sauté until tender. Add the tomatoes, black beans, chili powder, and paprika. Simmer for another minute until excess moisture is gone. Season with cilantro. Build your taco and enjoy!

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, the
employment tab is at the
top of the webpage.

Call 586.698.4158 for
more information.



Wellness Policy

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

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.

Free and reduced meal applications
can be completed online.
This convenient and confidential
website allows for quicker
processing than the paper applica-
tions. The link to
www.lunchapp.com is available
at the WCS Nutrition Services
website.