

WCS INTERSESSION MENU

SIERSMA ELEMENTARY

* FEBRUARY

A Nourished Student is a Learning Student!



Sun

Mon

Tue

Wed

Thu

Fri

S

18

Stuffed Cheese Bread Sticks
Marinara Sauce
Seasoned Corn
Marinated Chickpea Salad
Fresh Fruit

25

BBQ Diced Chicken
On Whole Grain Bun
Seasoned Broccoli
Cinnamon Applesauce

Betty Crocker Oatmeal Bar
4oz Yogurt
Apple Juice
Mixed Fruit Cup
Milk

19

Whole Grain Breaded Chicken Nuggets
Jurassic Park Grahams
Seasoned Broccoli
Fresh Fruit
BBQ Sauce Packet

26

Salisbury Steak served over Mashed Potatoes
Seasoned Green Beans
Whole Grain Roll
Fruited Slushie

Whole Grain Banana Bread
Applesauce Cup
Fruit Punch
Milk

20

BREAKFAST FOR LUNCH
Eggo Mini Confetti Pancakes
Turkey Sausage
Hash Brown Rounds
Orange Juice
Mixed Fresh Vegetables and Ranch

27

Taco Meat and Shredded Cheese & Lettuce
Ultra Grain Tortillas
Salsa
Refried Beans
Diced Peaches

Bagel with Lite Cream Cheese
Mandarin Orange Cup
Apple Juice
Milk

21 **FIELD TRIP BOX LUNCH**

Soybutter & Jelly Sandwich
Mozzarella Cheese Stick
Carrot Sticks & Ranch
Fruit Slushie
Animal Crackers

28

Whole Grain Breaded Chicken Tenders
With BBQ Sauce
Oven Roasted Butternut Squash
Seasoned Peas
Apple Slices

Reduced Sugar Trix Cereal
Mozzarella Cheese Stick
Fruit Punch
Applesauce
Milk

22

Macaroni and Cheese
Seasoned Peas & Carrots
Whole Grain Roll
Mixed Berry Cup

3/1

All Beef Hot Dog
Oven Baked Beans
Strawberry Cup
Ketchup and Mustard

French Toast Befit Bar
Diced Peach Cup
Orange Juice
Milk

Breakfast

Administrators

Vera Ivezaj: 2-18, 2-19, 2-25, 2-26, and 3-1.

Eric Williamson : 2-20, 2-21, 2-22, 2-27, and 2-28.

USDA is an equal opportunity provider and Employer.