

WCS INTERSESSION MENU

SIERSMA ELEMENTARY

* OCT-NOV 18

A Nourished Student is a Learning Student!



Sun

WCS NUTRITION SERVICES IS LOOKING FOR A FEW GOOD EMPLOYEES TO FULFILL OUR NEED FOR SUBSTITUTE CAFEETERIA HELPERS. APPLY ONLINE TODAY! Call Caroline Dylewski at 586.698.4158 to express your interest in employment.

Mon

29 BBQ Diced Chicken on WG Hamburger Bun
Seasoned Broccoli
Cinnamon Applesauce

5

Stuffed Cheese Breadsticks
Marinara Sauce
Seasoned Green Beans
Cinnamon Applesauce

Tue

30 Salisbury Steak served w/ Mashed Potatoes & Low Sodium Brown Gravy
2 Whole Grain Dinner Rolls
Seasoned Green Beans
Mixed Fruit

6

Election Day
No Intersession

Wed

31 **FIELD TRIP BOX LUNCH**
Soybutter & Jelly Sandwich
Mozzarella Cheese Stick
Goldfish Cracker
Carrot Sticks & Ranch
Orange Juice

7 **FIELD TRIP BOX LUNCH**
Soybutter & Jelly Sandwich
Mozzarella Cheese Stick
Goldfish Cracker
Carrot Sticks & Ranch
Orange Juice

Thu

1 Whole Grain Breaded Chicken Tenders With BBQ Sauce
Whole Grain Dinner Roll
Seasoned Green Beans
Fresh Banana

8

Whole Grain Breaded Chicken Nuggets With BBQ Sauce
WG Jurassic Park Grahams
Seasoned Broccoli
Diced Peaches

Fri

2 Eggo Mini Confetti Pancakes
Turkey Sausage
Tater Tots
Celery Sticks
Fruit Punch

9

All Beef Hot Dog on a Whole Wheat Bun
Ketchup & Mustard
Vegetarian Baked Beans
Smiley Potatoes
Mixed Fruit

S

Breakfast



Whole Grain Blueberry Muffin
4oz Yogurt
Apple Juice
Mixed Fruit Cup
Milk

Pumpkin Bread
Applesauce Cup
Fruit Punch
Milk

Bagel with Lite Cream Cheese
Mandarin Orange Cup
Apple Juice
Milk

Whole Grain Fruit Loops
Mozzarella Cheese Stick
Fruit Punch
Applesauce
Milk

Hostess Cinnamon Roll
Diced Peach Cup
Orange Juice
Milk

Week 1 Administrator – PJ Cwayna
Week 2 Administrator – Eric Williamson

USDA is an equal opportunity provider and Employer.