

WCS HEADSTART MENU * MARCH 2021



This institution is an Equal Opportunity Provider.



Dear Head Start Parents,

Thank you for letting WCS nutrition services serve you. Your child who is enrolled in Macomb Head Start program is receiving 5 days of breakfasts and lunches every week while attending in-person classes.

Since your Head Start child is already receiving meals at school, he or she is not qualified to receive the food from WCS weekly meal distribution.

If you have other children who are 18 and under and attend WCS schools but is learning virtually at home, you can pick up meals at Fillmore Elementary School on Wednesdays from 7am—1pm. Thank you for your understanding.

WCS Nutrition Services

Breakfast Menu

Monday: Appleways Apple Oatmeal Bar, Plain Applesauce Cup, 1% White Milk

Tuesday: Triple Berry Bar, Fresh Fruit. 1% White Milk

Wednesday: ChatSnax Graham Crackers, S.S. Peach Cup, 1% White Milk

Thursday: Cereal Bowl, Flavored Applesauce Cup, 1% White Milk



Friday

Take Home Shelf Stable Meal Menus

1 day of Shelf Stable Meals will be sent home with students on Thursday

Breakfast:

Ultimate Breakfast Round,
1 Box of Raisins,
S.S. White Milk

Lunch:

Tortilla Chips
Hummus Cup
Cheese Sauce Cup
Applesauce Cup
S.S. Pear Cup
SS White Milk



Sun

WCS Nutrition Services will provide all Head Start students breakfast and lunch Monday—Saturday.

If you are in AM half day class or Full day class, you will be eating breakfast and lunch at school.

If you are in PM half day class, you will eat lunch at school and will be sent home a shelf stable breakfast to use for the following day.

Currently all classes attend school Monday through Thursday.

On Thursdays, all students will be sent home a shelf stable breakfast and a lunch to use on Friday.



Mon

1 Whole Grain Bagel with Cream Cheese
Mozzarella String Cheese
Strawberry Yogurt
1 Bag Fresh Apple Slices
1 bag Zucchini Slices w/ Ranch Packet
1% White Milk

8 Soybutter & Jelly Sandwich
1 bag Cheese Cubes
1 bag **Broccoli Buds** w/ Ranch
1 Bag Fresh Apple Slices
1% White Milk

15 Smoked Turkey Breast Stick
1 bag Cheese Cubes
Whole Grain Zee Zee Crackers
1 bag **Fresh Cherry Tomatoes**
1 Bag Fresh Apple Slices
1% White Milk

22 Whole Grain Bagel with Cream Cheese
Mozzarella String Cheese
Strawberry Yogurt
1 Bag Fresh Apple Slices
1 bag Zucchini Slices w/ Ranch Packet
1% White Milk

29 Soybutter & Jelly Sandwich
1 bag Cheese Cubes
1 bag **Broccoli Buds** w/ Ranch
1 Bag Fresh Apple Slices
1% White Milk

Tue

2 Whole Grain Cheese Stuffed Bread Sticks
1/2 cup Marinara Sauce
1/2 cup Seasoned Corn & Carrots
1 Fresh Banana
1% White Milk

9 Whole Grain Rotini With Meat Sauce
1/2cup Seasoned Green Beans
1/4 Cup Fresh Orange Smiles
1% White Milk

16 Hamburger on Whole Wheat Bun
4 Smiley Fries
Ketchup & Mustard
1 Fresh Banana
1% White Milk

23 Whole Grain Cheese Stuffed Bread Sticks
1/2 cup Marinara Sauce
1/2 cup Seasoned Corn & Carrots
1 Fresh Banana
1% White Milk

30 Whole Grain Mac & Cheese
1/2cup Seasoned Green Beans
1/4 Cup Fresh Orange Smiles
1% White Milk

Wed

3 Mini Eggo Pancakes
Turkey Sausage Links
1 bag Fresh **Broccoli Buds** w/ Ranch
1 Fresh Pear
1% White Milk

10 6 Mini Whole Grain Chicken Corn Dogs
1/2 cup Vegetarian Baked Beans
1 Fresh Banana
1% White Milk

17 Whole Grain Flat Bread Pizza
1/2 cup Seasoned Carrots
1/2 cup Mixed Fruit
1% White Milk

24 Mini Eggo Pancakes
Turkey Sausage Links
1 bag Fresh **Broccoli Buds** w/ Ranch
1 Fresh Pear
1% White Milk

31 6 Mini Whole Grain Chicken Corn Dogs
1/2 cup Vegetarian Baked Beans
1 Fresh Banana
1% White Milk

Thu

4 3 Whole Grain Breaded Chicken Tenders
Low Fat Ranch or Ketchup
1/2 cup Sweet Potato Puff
1 Mixed Berry Cup
1% White Milk

11 Grilled Cheese Sandwich
1/2 Cup of Peas & Carrots
1 Strawberry Cup
1% White Milk

18 5 Whole Grain Breaded Chicken Nuggets
Whole Grain Dinner Roll
1/2 cup of Green Beans
1 Fresh Clementine
1% White Milk

25 3 Whole Grain Breaded Chicken Tenders
Low Fat Ranch or Ketchup
1/2 cup Sweet Potato Puff
1 Mixed Berry Cup
1% White Milk

4/1 Grilled Cheese Sandwich
1/2 Cup of Peas & Carrots
1 Strawberry Cup
1% White Milk