

WCS HEADSTART MENU * JAN. ' 19

A Nourished Student is a Learning Student!



This institution is an Equal Opportunity Provider.



Sun

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.

1% white milk included with lunch.

Mon

7
2 Whole Grain Cheese Italian Dunkers
1/4cup Marinara Sauce
1/4cup Marinated Chickpeas
1 Fresh Apple

14
6 Mini Whole Grain Chicken Corn Dogs
1/4cup Fresh Broccoli Buds
1/4cup Fresh Grapes

21
No School



28
2 Whole Grain Cheese Italian Dunkers
1/4cup Marinara Sauce
1/4cup Marinated Chickpeas
1 Fresh Apple

Tue

8
Hamburger with or without Cheese on Whole Wheat Bun
4 Smiley Fries
Ketchup & Mustard
1/4 cup Diced Peaches

15 **Taco Day**
Reduced Fat Beef Taco Meat & Shredded Cheese over
1 Whole Grain Soft Taco Shell
1/4cup Salsa
1/4cup Refried Beans
1/4cup Diced Pears

22 **Breakfast For Lunch**
Whole Grain Mini Confetti Pancakes
2 Turkey Sausage Links
1/4cup Baby Carrots w/ Ranch
1 Fresh Apple

29
Hamburger with or without Cheese on Whole Wheat Bun
4 Smiley Fries
Ketchup & Mustard
1/4 cup Diced Peaches

Wed

9
1 Whole Grain Garlic Cheese French Bread
1/4 cup Seasoned Carrots
1/4 cup Fresh Grapes

16
1 Garlic Parmesan Whole Grain Flat Bread
1/4cup Seasoned Corn
1/4 cup Diced Peaches

23
All Beef Hotdog on a Whole Wheat Bun
4 Emoji Fun Fries
1/4 cup Diced Peaches

30
1 Whole Grain Grilled Cheese
1/4 cup Seasoned Carrots
1/4 cup Fresh Grapes

Thu

10
5 Whole Grain Breaded Chicken Nuggets
1/4cup Fresh Broccoli Buds
1/4cup Diced Pears

17 **Bagel Fun Day**
Whole Grain Bagel
Light Cream Cheese
Strawberry Yogurt
Low Fat Mozzarella Cheese Stick
1 Fresh Banana
1/4cup Baby Carrots w/ Ranch

24
12 Whole Grain Breaded Popcorn Chicken
1/4 cup Vegetarian Baked Beans
1/4 cup Diced Pears

31
5 Whole Grain Breaded Chicken Nuggets
1/4cup Fresh Broccoli Buds
1/4cup Diced Pears

Fri

11
Whole Grain Galaxy Personal Cheese Pizza
1/4cup Seasoned Green Beans
1 Fresh Banana

18
Whole Grain Galaxy Personal Cheese Pizza
1/4cup Seasoned Green Beans
1 Fresh Apple

25
Whole Grain Galaxy Personal Cheese Pizza
1/4cup Seasoned Green Beans
1 Fresh Banana

2/1
Whole Grain Galaxy Personal Cheese Pizza
1/4cup Seasoned Green Beans
1 Fresh Banana

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