

WCS HEADSTART MENU * MARCH 18

This institution is an Equal Opportunity Provider.

A Nourished Student is a Learning Student!



Sun

1% white milk included with lunch.

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

Mon

- 5 Whole Grain Breaded Chicken Patty on a Whole Wheat Bun
Low Fat Ranch Dressing
Oven Roasted Broccoli
Mixed Fruit
- 12 Hamburger with or without Cheese on Whole Wheat Bun
Smiley Fries
Ketchup & Mustard
Diced Peaches
- 19 Mini Whole Grain Corn Dogs
Oven Roasted Broccoli
Peach Cup
- 26 Grilled Boneless Chicken Sandwich on a Whole Wheat Bun
Low Fat Ranch Dressing
Oven Roasted Broccoli
Mixed Fruit

Tue



- 6 **Breakfast For Lunch**
Whole Grain Eggo Mini
Maple Pancakes
Turkey Sausage
Baby Carrots w/ Ranch
Diced Pears
- 13 Whole Grain Cheese Italian Dunker
Marinara Sauce
Fresh Broccoli Buds w/ Ranch
Cinnamon Applesauce
- 20 **Taco Day**
Reduced Fat Turkey Taco Meat & Shredded Cheese over
Whole Grain Soft Taco Shell
Salsa
Refried Beans
Fresh Apple
- 27 **Breakfast For Lunch**
Whole Grain Eggo Mini
Maple Pancakes
Turkey Sausage
Baby Carrots w/ Ranch
Diced Pears

Wed

- 7 All Beef Meatballs w/ Mashed Potatoes & Gravy
Whole Grain Scooby Snacks
Diced Peaches
- 14 **WCS made Chicken Alfredo**
Be Strong Chickpeas
Strawberry Parfait
- 21 Grilled Cheese Sandwich on Whole Wheat Bread
Seasoned Corn
Cinnamon Applesauce

28 **No School**

Thu

- 1 **Bagel Fun Day**
Whole Grain Bagel
Light Cream Cheese
Strawberry Yogurt
Low Fat Mozzarella Cheese
Stick & Apple Juice
Celery Sticks w/ Ranch
- 8 Popcorn Chicken
Low Fat Ranch or Ketchup
Whole Grain Dinner Roll
Vegetarian Baked Beans
Cinnamon Applesauce
- 15 Whole Grain Breaded Chicken Nuggets
Whole Grain Goldfish Graham
Seasoned Carrots
Fresh Apple
- 22 **Bagel Fun Day**
Whole Grain Bagel
Light Cream Cheese
Strawberry Yogurt
Low Fat Mozzarella Cheese Stick & Apple Juice
Baby Carrots w/ Ranch

29 **No School**

Fri

- 2 Whole Grain Galaxy
Personal Cheese Pizza
Seasoned Green Beans
Fresh Apple
- 9 Whole Grain Galaxy
Personal Cheese Pizza
Seasoned Green Beans
Fresh Apple
- 16 **Happy St. Patrick's Day**
Whole Grain Galaxy
Personal Cheese Pizza
Seasoned Green Beans
Fresh Banana
- 23 Garlic Parmesan Whole Grain Flat Bread
Marinara Sauce
Seasoned Green Beans
Strawberry Parfait

30 **No School**

Sat