

# WOFS MENU \* MAR. ' 20

A Nourished Student is a Learning Student!



Sun



Mon

2 **Dr. Suess Birthday**

- 6 Go Dog Go, Mini Turkey Corn Dogs
- 1 Birthday Cake Grahamz
- 1/4cup Seasoned Green Beans
- 1/4cup Mixed Fruit

Tue

3 **Breakfast For Lunch**

- 3 Whole Grain Maple Glazed French Toast Sticks
- 1 Turkey Sausage Patty
- 2 Hash Brown Rounds
- 1 bag Apple Slices

Wed

4

- 1/2cup WCS Made Spaghetti with 1/2cup Meat Sauce
- 1/4cup Parmesan Roasted Broccoli with Onions
- 1/4cup Blueberry Parfait

Thu

5 **Muffin Fun Lunch**

- Whole Grain Blueberry Muffin
- Strawberry Yogurt
- Mozzarella Cheese Stick
- Baby Carrots with Ranch
- 1/4cup Cinnamon Applesauce

Fri

6

No School

Sat



March 2 – 6 is National School Breakfast Week! Enjoy the Healthy School Breakfast!

9

- Whole Grain Galaxy Pizza
- 1/4cup Oven Roasted Broccoli
- 1/4cup Diced Peaches

10

No School Election Day



11

- Reduced Fat Beef Taco Meat & Shredded Cheese Sauce
- 1 Whole Corn Tortilla
- 1/4cup Salsa &
- 1/4cup Refried Beans
- 1/4cup Diced Pears

12

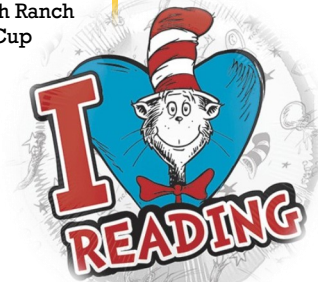
- Whole Grain Soybutter and Jelly Sandwich
- Mozzarella Cheese Stick
- Baby Carrots with Ranch
- Strawberry Cup

13

No School



March 16—20th Home Visits  
No School



School closings due to inclement weather cause a change in the lunch menu. Please note that on the day of return, the snow day's menu will be used.

23

- Whole Grain Breaded Chicken Patty with Whole Grain Bun
- 1/4cup Marinated Chickpeas
- 1/4cup Spiced Apples

24

- Breakfast For Lunch**
- Whole Grain Mini Maple Pancakes
- 2 Turkey Sausage Links
- 1/4cup Cherry Tomatoes
- 1/4cup Diced Pears

25

- 4 Whole Grain Breaded Tree Shape Chicken Nuggets
- 4 Smiley Fries
- 1/4cup Mixed Fruit

26 **Bagel Fun Lunch**

- Whole Grain Bagel
- Light Cream Cheese
- Strawberry Yogurt
- Mozzarella Cheese Stick
- Baby Carrots with Ranch
- 1/4cup Cinnamon Applesauce

27

No School

30

- Whole Grain Galaxy Pizza
- 1/4cup Seasoned Green Beans
- 1/4cup Diced Peaches

31

- 6 Oven Baked Whole Grain Breaded Mini Ravioli
- Tomato Dipping Sauce
- 1/4cup Fresh Broccoli Buds
- 1/4cup Cinnamon Applesauce

This institution is an Equal Opportunity Provider.

1% white milk included with lunch, Fat Free White Milk Offered.

## 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.