

# WCS WOFS 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  
**No School**

18  
**No School**

25  
**No School**

2/1  
**No School**

## Sa