

# WCS WOFS \* OCT. '21



**A Nourished Student is a Learning Student!**

A Complete Breakfast & Lunch are Free to Students in 2021/22 School Year

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 CAFÉTERIA HELPERS. APPLY ONLINE TODAY! Call the Nutrition Service Office at 586.698.4158 to express your interest in employment.**

**Mon**

- 4 Whole Grain Breaded Chicken Sandwich on a Whole Wheat Bun Ranch Dressing  
1/4 cup Seasoned Corn  
1/4 cup Diced Pears
- 11 All Beef Hotdog Whole Grain Hotdog Bun Ketchup & Mustard  
1/4 cup Vegetarian Baked Beans  
1/4 cup Diced Peaches
- 18 Hamburger with or without Cheese on Whole Wheat Bun  
4 Smiley Fries  
Ketchup & Mustard  
Half Fresh Oranges
- 25 Whole Grain Breaded Chicken Sandwich on a Whole Wheat Bun Ranch Dressing  
1/4 cup Seasoned Corn  
1/4 cup Diced Pears

**Tue**

- 5 **Early Release**  
**Breakfast For Lunch**  
Whole Grain Pancakes  
2 Turkey Sausage Links  
Orange Juice  
1/4 cup Fresh Cherry Tomatoes
- 12 Whole Grain Bagel Light Cream Cheese Strawberry Yogurt Low Fat Mozzarella Cheese Stick  
1 bag Baby Carrots w/ Ranch  
1 bag Fresh Apple Slices
- 19 **Early Release**  
6 Mini Whole Grain Corn Dogs  
1/4 cup Vegetarian Baked Beans  
1 bag Fresh Apple Slices
- 26 **Breakfast For Lunch**  
Whole Grain Pancakes  
2 Turkey Sausage Links  
Orange Juice  
1/4 cup Fresh Cherry Tomatoes

**Wed**

- 6 Grilled Cheese Sandwich made with Whole Grain Bread  
1/4 cup Dill Seasoned Carrots  
1/4 cup Cinnamon Applesauce
- 13 3 Whole Grain Ravioli Served with Marinara Sauce  
1 Whole Grain Dinner Roll  
1/4 cup Seasoned Corn  
1/4 cup Diced Pears
- 20 1 cup Whole Grain Mac & Cheese  
1 Whole Grain Dinner Roll  
1/4 cup Seasoned Carrots  
1/4 cup Diced Pears
- 27 1 cup Penne Pasta With Alfredo Sauce  
1/4 cup Fresh Broccoli Buds Ranch Dressing  
1/4 cup Pumpkin Pudding

**Thu**

- 7 3 Whole Grain Breaded Chicken Tenders BBQ Sauce  
1/4 cup Cherry Tomato and Chickpea Salad  
1/4 cup Mixed Fruit
- 14 5 Whole Grain Breaded Chicken Nuggets  
1/4 cup Fresh Broccoli Buds Ranch Dressing  
1/4 cup Mixed Fruit
- 21 2 Stuffed Cheese Breadsticks  
1/4 cup Marinara Sauce  
1/4 cup Fresh Broccoli Buds Ranch Dressing  
1/4 cup Mixed Fruit
- 28 **Happy Halloween**  
3 Spooky Farm Chicken Nuggets  
1 bag Baby Carrots w/ Ranch  
Eek Orange Slushie

**Fri**

- 8 **No School**
- 15 **No School**
- 22 **No School**
- 29 **No School**

**Sat**

**Due to nationwide food shortages and supply chain issues, menus are subject to change depending on availability.**

