

WORLD OF FOURS MENU * OCT. '22



A Nourished Student is a Learning Student!



This institution is an Equal Opportunity Provider.

Sun

HIRING
WCS NUTRITION SERVICES IS LOOKING FOR A GOOD EMPLOYEES TO FULFILL OUR NEED FOR CAFETERIA HELPERS. APPLY ONLINE TODAY!

Call the Nutrition Service Office at 586.698.4158 to express your

IMPORTANT

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

Mon

3
Hamburger with or without Cheese on Whole Wheat Bun
4 Smiley Fries
Ketchup & Mustard
1/4 Cup Applesauce

10
4 Far Out Cheese Pizza Bites
Marinara Sauce
1/4 Cup Fresh Broccoli
1/4 Cup Mixed Fruit

17
Whole Grain Breaded Chicken Patty Sandwich on a Whole Wheat Bun
Ranch Dressing
1/4 Cup Broccoli Salad
1/4 Cup Peach Cup

24
All Beef Hot Dog on a Whole Grain Bun
Ketchup
2 Hash Brown Rounds
1/4 Cup Mixed Fruit Cup

31 HALLOWEEN LUNCH
6-Witches' Fingers
Ketchup
1/4 Cup Creepy Corn & Carrots
Fresh Banana

Tue

4 Early Release
6 Mini Whole Grain Turkey Corn Dogs
1/4 Cup Seasoned Carrots
1/4 Cup Mixed Fruit Cup

11 Groovy Nacho Day
Reduced Fat Beef Taco Meat & Shredded Cheddar Cheese With WG Tortilla
Salsa
1/4 Cup Seasoned Corn with Peppers
1/4 Cup Pear Cup

18 Early Release
Breakfast For Lunch
1-Whole Grain Pancake
2-Turkey Sausage Links
100 % Fruit Punch
Fresh Cherry Tomatoes

25
Taco Sticks
Salsa for Dipping
1/4 Cup Refried Beans
1/4 Cup Applesauce



Wed

5
Whole Grain Cheese Quesadillas
Served with Salsa
1/4 Cup Refried Beans
1/4 Cup Pear Cup

12
Whole Grain Rotini with Meat Sauce
Whole Grain Dinner Roll
1/4 Cup Seasoned Green Beans
Fresh Banana

19
Whole Grain Grilled Cheese Sandwich
1/4 Cup Baby Carrots
1/4 Cup Pear Cup

26
Whole Grain Macaroni and Cheese
1/4 Cup Green Beans
1/4 Cup Pear Cup

Thu

6
5 Whole Grain Breaded Chicken Nuggets
BBQ Sauce
Whole Grain Dinner Roll
1/4 Cup Seasoned Broccoli
1/4 Cup Peach Cup

13 Michigan Apple Crunch Day!
Boogie Down Bagel Day
Whole Grain Bagel
Light Cream Cheese
Strawberry Yogurt
Cheese Stick
Fresh Apple Slices
1/4 Cup Baby Carrots

20
Warm Turkey Ham and Cheese on Whole Grain Hawaiian Bun
Colby Jack Cheese Cubes
1/4 Cup Roasted Chickpeas
1/4 Cup Pumpkin Pudding

27
3- Whole Grain Breaded Chicken Tenders
Whole Grain Dinner Roll
1/4 Cup Seasoned Broccoli
1/4 Cup Peach Cup

Fri

7
No School

14
No School

21
No School

28
No School

Sat



Everyday your child will receive 1% white milk with their meals.

Oct. 10th—Oct. 14th is National School Lunch Week! Enjoy Peace, Love & School Lunch.

In place of the Free and Reduced-Price Meal Applications, if you have **only** elementary students in your household, please complete a **Household Information Report**.

