

# WCS ELEMENTARY MENU \* JUNE '23

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



A Cold Lunch Choice is offered each day as a second choice entrée.

**Monday, Wednesday, & Friday:**

Soybutter & Jelly Sandwich, Goldfish Cheddar Crackers, Cheese Stick

**Tuesday & Thursday:**

Hummus, Cheese Stick, & Pita with Salad

This institution is an Equal Opportunity Provider.

Breakfast menu is on the back of the back page.

## HIRING

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

**Mon**

5 Certified Halal Beef Steak Burger on Whole Wheat Bun  
**Smiley Fries**  
Ketchup & Mustard  
Peach Cup

12 Whole Grain Breaded Chicken Patty Sandwich on a Whole Wheat Bun  
Assorted Fruits  
Assorted Vegetables

**Tue**

6 Whole Grain Grilled Cheese Sandwich  
**Broccoli Salad**  
Mixed Fruit Cup

13 Cooks Choice Entrée Or  
Soybutter Meals  
Assorted Fruits  
Assorted Vegetables

**Wed**

7 Whole Grain Cheese Quesadillas  
Served with **Salsa & Refried Beans**  
Mini Banana Splits

14 Cooks Choice Entrée or  
Soybutter Meals  
Assorted Fruits  
Assorted Vegetables

**Thu**

1 **Breakfast for Lunch**  
Whole Grain Chocolate Chip French Toast  
**Roasted Edamame**  
Turkey Sausage Links  
Peach Cup

8 Whole Grain Breaded Chicken Nuggets  
Whole Grain Goldfish Graham  
**Baby Carrots** w/Ranch  
Diced Pear Cup

15 **Last Day Of School**

**Half Day Breakfast Only**

**Fri**

2 Whole Grain Cheese Stuffed Bread Sticks  
**Marinara Sauce**  
**Seasoned Corn**  
Fruited Jello w/ Whipped Topping  
Side Salad

9 Whole Grain Cheese Pizza  
Green Beans  
Frozen Sidekick Slushie  
Side Salad



**Sat**

Everyday your child has a choice of milk and an opportunity to select from variety of fresh fruits and vegetables to complete their meal.

**IMPORTANT**

The last two days of school, we will offer cook's choice hot Entrées. These cook's choices will vary from school to school as a way to empty out the freezer in preparation of summer shut down.

**Have a Safe and Healthy Summer**

*Summer*



## Warren Consolidated Schools Nutrition Service June 2018 Newsletter

By Dietetic Intern: Tala Mughabi

Summer is a great time to teach kids about nutrition and where their food comes from! With higher temperatures and longer days, it is important to make sure that your kids stay consistent with their eating and healthy habits! Below are some summer nutrition and safety tips for your kids!

Kids are naturally drawn to frozen treats during the hot summer months! Ice cream and popsicles tend to be high in added sugar and making your own ice pops by freezing pureed fruit in popsicle molds is extremely easy! Most kids will enjoy having this as a nutritious snack!

Staying hydrated is very important, especially on a hot summer day! Water is a great drink choice for kids as it helps keep their bodies healthy and has no added sugar. If your kids enjoy drinking fruit juice, then they will likely enjoy having a homemade smoothie! Smoothies are high in vitamins, minerals, and fiber which comes from a variety of fruits and vegetables. All you need to do is blend yogurt (preferably vanilla yogurt) with sliced or frozen fruits!

Get your kids involved in the kitchen! It has been shown that kids who help their parents prepare food in the kitchen are more likely to eat that food. Some easy ideas include whisking and mixing, washing produce, peeling fruits, and vegetables, assembling salads, setting the table, or making their own favorite recipe.

Purchase summer fruits such as watermelon, strawberries, bananas, mangos, honeydew melon, peaches, raspberries, apples, cherries, and plums and summer vegetables such as bell peppers, carrots, cucumbers, corn, and zucchini!

Keep your kids active and encourage physical activity for at least 1 hour a day! Summertime is when kids create more memories, have a new adventure, ride their bikes, and go for a picnic at the park!

Seek shade, when necessary, wear sunglasses, use sunscreen, and do not forget to wear a hat!



## WE NEED YOU TO JOIN OUR TEAM!



### The WCS Nutrition Services Department is Hiring Join our Team as a Substitute Cook's Helper

**COME JOIN OUR TEAM**

- Train now for 2023/2024 placement
- Open to entry level as well as experienced food service workers
- Weekends, holidays, and school breaks off
- Great job for parents of school age children



"There is nothing better than getting a smile and a thank you from a child I just fed."

Vickie Pittman  
Elementary Head Cook



WCSKIDS.NET/EMPLOYMENT  
Apply today!



"Since my first day working here, I have always felt welcomed and appreciated. There is always someone willing to help, and everyone works as a team. I feel blessed to be a part of the team."

Huda Bedari  
Kitchen Helper

Non-discrimination Statement: In compliance with Title VII of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975, the Americans with Disability Act of 1990, the Illinois Human Rights Act of 1977, and the Genetic Information Nondiscrimination Act of 2008, it is the policy of the Warren Consolidated Schools that no person shall, on the basis of race, color, national origin, sex (including sexual orientation or transgender status), disability, age, religion, height, weight, marital or family status, marital status, ancestry, genetics information, or any other legally protected category (collectively, "Protected Classes") be excluded from participation in, be denied the benefits of, or be subjected to, discrimination during any program, activity, service or in employment. Inquiries should be addressed to the Chief Human Resources Officer: 31300 Adams, Warren, Michigan 48095, (586) 925-2466, ext 63115.



Nation wide, food suppliers face labor shortages and transportation challenges that are adding to costs and limiting supplies. Food distributors expect to run low on everything from canned fruit to lunch trays. Due to severe labor shortages in our department and food shortages across the nation, WCS Nutrition Services anticipates frequent menu changes during the 2022-23 school year. We may serve different entrees at different elementary schools depending on availability. We will notify schools and district nurses of all menu changes.

