

PRESCHOOL/WORLD OF FOURS MENU * OCTOBER '23

This institution is an Equal Opportunity Provider.

A Nourished Student is a Learning Student!



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 interest in employment.



Sun

Mon
2
4- Whole Grain Min Turkey Corn Dogs
1/4 cup Seasoned Broccoli
1/4 cup Cinnamon Applesauce
Ketchup & Mustard

Tue
3
1-Beef Taco Stick
Salsa for Dipping
1/4 cup Corn with Peppers
1/4 cup Diced Pears

Wed
4
Whole Grain Cheese Ravioli with 1/4 cup Marinara Sauce
1/4 cup Seasoned Green Beans
1/4 cup Diced Peaches

Thu
5
Bagel Fun Day
Whole Grain Bagel
Light Cream Cheese
Strawberry Yogurt
Low Fat Mozzarella Cheese Stick
Fresh Apple Slices
Baby Carrots

Fri
6
No School

Sat

Mon
9
Certified Halal Beef Steak Burger on Whole Wheat Bun
4- Smiley Fries
Ketchup & Mustard
Fresh Banana

Tue
10
Whole Grain Grilled Cheese Sandwich
1/4 cup Broccoli Salad
1/4 cup Mixed Fruit

Wed
11
Whole Grain Cheese Quesadillas
Served with Salsa & 1/4 cup Refried Beans
1/4 cup Diced Peaches

Thu
12
HALF DAY BREAKFAST ONLY

Fri
13
No School

Sat
20
No School

Sun
23
All Beef Hot Dog on a Whole Grain Bun
Ketchup
1/4 cup Seasoned Corn
1/4 cup Mixed Fruit Cup

Mon
30
4- Whole Grain Min Turkey Corn Dogs
1/4 cup Seasoned Broccoli
1/4 cup Cinnamon Applesauce
Ketchup & Mustard

Tue
16
Whole Grain Breaded Chicken Patty Sandwich on a Whole Wheat Bun
BBQ Sauce
1/4 cup Seasoned Peas & Carrots
1/4 cup Diced Peaches

Wed
17
Breakfast For Lunch
1-Whole Grain Waffle
2-Turkey Sausage Links
Fresh Oranges
1/4 cup Fresh Cherry Tomatoes

Thu
18
Whole Grain Macaroni and Cheese
1/4 cup Seasoned Broccoli
1/4 cup Spiced Pears

Fri
19
3-Whole Grain Breaded Chicken Tenders
1/4 cup Crispy Parmesan Edamame
Fresh Banana

Sat
24
Italian Pull Apart Cheese & Garlic Bread
1/4 cup Seasoned Broccoli
1/4 cup Diced Peaches

Sun
25
NO SCHOOL

Mon
31
HALLOWEEN LUNCH
4-Bat Shaped Chicken Nuggets
1/4 cup Creepy Corn with Carrots
1/4 cup Diced Pears

Mon
9
Oct. 9th—Oct. 13th is National School Lunch Week! Level Up with School Lunch!

Tue
10
NO SCHOOL

Wed
11
NO SCHOOL

Thu
12
NO SCHOOL

Fri
13
NO SCHOOL

Sat
20
NO SCHOOL

Sun
27
NO SCHOOL

Mon
13
No School

Tue
20
No School

Wed
27
No School

Thu
24
NO SCHOOL

Fri
31
NO SCHOOL

Sat
27
No School

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

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

