



Child Care Menu - Two Week Rotation

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ham & Cheese Croissant (30g)	Chicken Tender & Cheese Wrap (27g)	Cinnamon Toast Crunch Cereal (22g)	Tortilla Chips (40g) w/Cheese Cup (15g)	WowButter Sandwich (28g)	Turkey & Cheese Wrap (17g)	Yogurt (14g) w/Goldfish Crackers (14g)
Sides	Sides	Sides	Sides	Sides	Sides	Sides
Fresh Apple (22g) Celery Sticks (3g) 1% Chocolate Milk (24g)	Apple Slices (7g) Baby Carrots (7g) 1% Chocolate Milk (24g)	Cheese Stick (2) Applesauce (14g) Baby Carrots (7g) 1% Chocolate Milk (24g)	Fresh Apple (22g) Dragon Juice (14g) 1% Chocolate Milk (24g)	Cheese Stick (2g) Apple Slices (7g) Baby Carrots (7g) 1% Chocolate Milk (24g)	Fresh Apple (22g) Celery Sticks (3g) 1% Chocolate Milk (24g)	Cheese Stick (2g) Apple Slices (7g) Baby Carrots (7g) 1% Chocolate Milk (24g)
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Raspberry Cream Bar (46g) Raisins (30g) 1% White Milk (11g)	Crunchmania (37g) Orange Juicy Juice (17g) 1% White Milk (11g)	Mini French Toast (37g) Apple Slices (7g) 1% White Milk (11g)	Cinnabar (45g) Fruit Punch Juicy Juice (15g) 1% White Milk (11g)	Apple Roll (35g) Fresh Apple (22g) 1% White Milk (11g)	Cinnabar (45g) Apple Juicy Juice (15g) 1% White Milk (11g)	Goody Ring (29g) Raisins (30g) 1% White Milk (11g)

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cinnamon Toast Crunch Cereal (22g)	WowButter Sandwich (28g)	Ham & Cheese on Hawaiian Bun (27g)	Italian Combo Sandwich (32g)	Tortilla Chips (40g) w/Hummus Cup (18g)	Turkey & Cheese Wrap (17g)	Yogurt (14g) w/Goldfish Crackers (14g)
Sides	Sides	Sides	Sides	Sides	Sides	Sides
Cheese Stick (2g) Fresh Apple (22g) Celery Sticks (3g) 1% Chocolate Milk (24g)	Apple Slices (7g) Baby Carrots (7g) 1% Chocolate Milk (24g)	Applesauce (14g) Baby Carrots (7g) 1% Chocolate Milk (24g)	Fresh Apple (22g) Dragon Juice (14g) 1% Chocolate Milk (24g)	Apple Slices (7g) Baby Carrots (7g) 1% Chocolate Milk (24g)	Fresh Apple (22g) Celery Sticks (3g) 1% Chocolate Milk (24g)	Cheese Stick (2g) Apple Slices (7g) Baby Carrots (7g) 1% Chocolate Milk (24g)
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Mini French Toast (37g) Raisins (30g) 1% White Milk (11g)	Breakfast Bites (41g) Grape Juicy Juice (16g) 1% White Milk (11g)	Mini Pancakes (35-39 see pkg) Apple Slices (7g) 1% White Milk (11g)	Apple Roll (35g) Apple Juicy Juice (15g) 1% White Milk (11g)	Texas Toast (45g) Fresh Apple (22g) 1% White Milk (11g)	Cinnabar (45g) Apple Juicy Juice (15g) 1% White Milk (11g)	Goody Ring (29g) Raisins (30g) 1% White Milk (11g)

Your lunch choices includes: An entrée with protein & whole grains, vegetable side dishes, fruit side dishes, and a variety of milk.

This institution is an equal opportunity provider.

Any questions contact the Food Service Department at (248) 682-0394 or Samantha Mozdzier, MSA, RDN, SNS at mozdzs01@wsdmi.org

Free and Reduced Applications

Only one application per family is needed even if your children go to different schools.

ALL household members **MUST** be included on the application

When submitting an application, parents **WILL BE CHARGED** for meals until the process is complete.

(This could take several weeks)

APPLY AT: WWW.LUNCHAPP.COM
TO GREATLY SHORTEN PROCESSING TIME