

# WCCUSD March 2015 Elementary Lunch Menu

## National School Breakfast Week March 1-March 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
2 (V) Pizza Cheese Sliders or (V) Bean & Cheese Burrito or (V) Snack Pack & Fresh Fruit  <i>Plain Applesauce</i> <i>100% Fruitables</i>	3 (V) Chicken Corn Dog or (V) Cheese Burger Sliders or Garden Salad <i>Cool Ranch Chips</i> <i>Steamed Corn</i> <i>Fresh Apples Slices</i>	4 (V) Chicken Tenders w/Corn or Chicken & Cheese Burrito or Southwestern Salad <i>Refried Beans &amp; Cheese</i> <i>Banana</i>	5 (V) Meatless Spaghetti or Kahuna Bagel or Chicken Caesar Salad  <i>Celery Sticks</i> <i>100% Apple Juice</i>	6 (V) BBQ Beef Sandwich or Mini Cheese Bagel Pizza or Rockin'ola Yogurt Parfait  <i>Snap Peas &amp; Tomatoes</i> <i>Mandarins</i>	Calories 607 Total Fat 15.9g Sat. Fat 5.4g Fiber 9.9g Sodium 878 mg
9 (V) Cheese Lasagna or (V) Cheese Pizza Calzone or (V) Snack Pack & Fresh Fruit  <i>Mixed Fruit Cup</i> <i>100% Fruitables</i>	10 (V) Hot Dog & Corn or (V) Mini Cheese Burgers or or Garden Salad  <i>Edamame</i> <i>100% Sour Apple Juice</i>	11 (V) Marinara Cheese Ravioli or Beef/Cheese Taco Sticks or Pasta Salad  <i>Celery Sticks</i> <i>Apple Slices</i>	12 (V) BBQ Beef Sandwich or Mini Chicken Tacos or (V) Fruit & Cheese Plate  <i>Tomato &amp; Lettuce</i> <i>Mandarins</i>	13 (V) Kung Pao Chicken/Rice or (V) Cheese Wedge Pizza or Beef Taco Salad  <i>Steamed Corn</i> <i>Plain Applesauce</i>	Calories 651 Total Fat 17.0g Sat. Fat 5.7g Fiber 11.0g Sodium 1033 mg
16 (V) Bean & Cheese Gordita or Pizza Cheese Sliders or (V) Snack Pack & Fresh Fruit  <i>Edamame</i> <i>100% Mixed Berry Juice</i>	17 (V) Chicken Tenders & Corn or Wrapped Hot Dogs or (V) Vegetable Pack  <i>Apple Slices</i> <i>100% Fruitables</i>	18 (V) Chili w/Corn or Cheese Burger Sliders or Rockin'ola Yogurt Parfait <i>Cool Ranch Chips</i> <i>Jicama</i> <i>Mandarins</i>	19 (V) Beef Chimichangas or Alfredo Pasta or Chef Salad  <i>Edamame</i> <i>Kiwi &amp; Oranges</i>	20 (V) Chicken Little Sliders or Ham/Cheese Sandwich or Asian Salad  <i>Cheesy Broccoli</i> <i>Fresh Apples</i>	Calories 613 Total Fat 18.3g Sat. Fat 5.4g Fiber 11.9g Sodium 910 mg

### Meal Price:

Full Price—2.00      Reduced—No charge  
 Adult—\$3.50      Milk ala Carte—\$0.50

### Menu Key:

(V) Meatless Option      (P) Contain Pork  
 (B) Contains Beef      ☆ New Item  
 Visit us on the web at [www.wccusd.net](http://www.wccusd.net)

### All Meals Served Daily With:



A Choice of 1% or Lactaid Milk  
 A Choice of 3 Entrees, 1 Entrée Always Vegetarian,  
 1/4 Cup of Baby Carrots  
 Choice of Vegetable and Fruit  
 All Bread, Crackers, Chips, Grains are Whole Grain

• Side Dishes are Italicized:      Students Can Choose Both



Menu Subject to change

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
23 ✓ Macaroni & Cheese or ✓ Bean & Cheese Gordita or ✓ Snack Pack w/Fresh Fruit  <i>Mandarins</i> 100% Fruitables	24 ✓ Chicken Tenders & Corn ✓ or Cheese Pizza ✓ or Spinach Salad  <i>Snap Peas &amp; Tomatoes</i> Mixed Fruit Cup	25 Kahuna Hot Dogs or Sloppy Joe Sandwich or ✓ Rockin'ola Yogurt Parfait <i>Salsa Sunchips</i> Steamed Corn Banana	26 ✓ Mini Cheese Burgers or ✓ Chicken/Veggie Egg Roll ✓ or Veggie Pack ✓ Tomato & Lettuce 100% Straw/Kiwi Juice	27 ✓ Pepperoni Wedge Pizza or ✓ Beef Taco Boat or ✓ Caesar Salad ✓ Choco Bear Graham Crackers Refried Beans & Cheese Orange Burst Raisels	Calories 625 Total Fat 18.1g Sat. Fat 5.7g Fiber 9.0g Sodium 941 mg
30 ✓ Pizza Cheese Sliders or ✓ Bean/Cheese Burrito or ✓ Snack Pack w/Fresh Fruit  <i>Apple Slices</i> 100% Fruitables	31 ✓ Chicken Corn Dog or ✓ BBQ Beef Sandwich ✓ or Garden Salad Cool Ranch Chips Edamame Kiwi & Oranges	<b>Don't Forget Meatless Mondays</b>		 Daylight Savings Time Begins March 6	Calories 658 Total Fat 19.8g Sat. Fat 6.2g Fiber 12.1g Sodium 939 mg

## School Breakfast Week-March 1-March 7. What is National School Breakfast Week?

National School Breakfast Week was launched in 1989 to raise awareness about the availability of the School Breakfast Program. Join us in the cafeteria for breakfast or inform your school of a need for a breakfast program

### Recommended Daily Amount of Fruits and Vegetables\*\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

\*\*If you are active, eat the higher number of cups per day.  
Visit [www.mypyramid.gov/kids](http://www.mypyramid.gov/kids) to learn more.



Brain Awareness Week March 8-14



First Day of Spring 3/20

**In Season...**  
Apricots, Bananas, Broccoli, Cabbage, Green Beans, Honeydew Melon, Lettuce, Mangos, Mushrooms, Onions and Leeks, Peas, Pineapple, Rhubarb, Spinach, Strawberries

*NUTRITION MONTH*



St. Patrick's Day 3/17

