


# WCCUSD September 2015

## Elementary Breakfast Menu

Visit us on the web at [www.wccusd.net](http://www.wccusd.net)





Menu Subject to Change

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | WEEKLY AVERAGE  |
|--|---|--|--|---|---|
| <p><i>Don't Forget Meatless Mondays</i></p>  | <p><sup>1</sup><br/>Assorted Cereals &amp;/or<br/>Assorted Breakfast Bars<br/>Yogurt Parfait Pack</p> <p>100% Straw/Kiwi Juice<br/>Fresh Plums</p>            | <p><sup>2</sup><br/>Assorted Cereals &amp;/or<br/>Assorted Breakfast Bar<br/>Pancake &amp; Sausage</p> <p>100% Juice<br/>Apple Slices</p>                  | <p><sup>3</sup><br/>Assorted Cereals &amp;/or<br/>Assorted Breakfast Bars<br/>Mini Strawberry Bagels</p> <p>100% Orange Juice<br/>Fresh Peaches</p>            | <p><sup>4</sup><br/>Assorted Cereals &amp;/or<br/>Assorted Breakfast Bars<br/>Mini Maple Waffles</p> <p>100% Fruit Punch<br/>Fresh Nectarines</p> | <p>Calories 470<br/>Total Fat 7.7g<br/>Sat. Fat 2.4g<br/>Fiber 5.2g<br/>Sodium 458 mg</p> |
| <p><sup>7</sup><br/><i>Labor Day Holiday</i></p>          | <p><sup>8</sup><br/>Assorted Cereals &amp;/or<br/>Assorted Breakfast Bars<br/>Mini Choco French Toast</p> <p>100% Fruit Punch<br/>Wild River Blend Fruit</p>  | <p><sup>9</sup><br/>Assorted Cereals &amp;/or<br/>Assorted Breakfast Bars<br/>Breakfast Sausage Pizza</p> <p>100% Apple Juice<br/>Banana</p>               | <p><sup>10</sup><br/>Assorted Cereals &amp;/or<br/>Assorted Breakfast Bars<br/>Sunflower Butter/<br/>Jelly Sandwich<br/>100% Orange Juice<br/>Apple Slices</p> | <p><sup>11</sup><br/>Assorted Cereals &amp;/or<br/>Assorted Breakfast Bars<br/>Egg/Cheese Sandwich</p> <p>100% Fruit Punch<br/>Fresh Plums</p>    | <p>Calories 500<br/>Total Fat 9.6g<br/>Sat. Fat 2.7g<br/>Fiber 5.6g<br/>Sodium 502 mg</p> |
| <p><sup>14</sup><br/>Assorted Cereals &amp;/or<br/>Assorted Breakfast Bars<br/>Mini Cinnis</p> <p>100% Apple Juice<br/>Mixed Fruit Cup</p> | <p><sup>15</sup><br/>Assorted Cereals &amp;/or<br/>Assorted Breakfast Bars<br/>Bagel &amp; Cream Cheese</p> <p>100% Straw/Kiwi Juice<br/>Fresh Nectarines</p> | <p><sup>16</sup><br/>Assorted Cereals &amp;/or<br/>Assorted Breakfast Bars<br/>Egg/Bacon &amp; Cheese Burrito</p> <p>100% Apple Juice<br/>Fresh Apples</p> | <p><sup>17</sup><br/>Assorted Cereals &amp;/or<br/>Assorted Breakfast Bars<br/>Cinnamon Pretzel Bites</p> <p>100% Orange Juice<br/>Banana</p>                  | <p><sup>18</sup><br/>Assorted Cereals &amp;/or<br/>Assorted Breakfast Bars<br/>Sausage Sandwich</p> <p>100% Fruit Punch<br/>Fresh Plums</p>       | <p>Calories 497<br/>Total Fat 8.3g<br/>Sat. Fat 2.7g<br/>Fiber 5.7g<br/>Sodium 491 mg</p> |

### Meal Price:

Full Price—1.50      Reduced—No charge  
Adult—\$2.50      Milk ala Carte—\$0.50

### Menu Key:

 Meatless Option       Contain Pork  
 Contains Beef       New Item

### All Meals Served Daily With:

#### Assorted Cereals Include:

A Choice of 1% or Lactaid Milk and Assorted 100% Juice and Fresh Fruit


Whole Grain, Reduced Sugar Cinnamon Chex  
Whole Grain Reduced Sugar Cinnamon Toast Crunch  
Whole Grain Reduced Sugar Froot Loops  
Whole Grain Honey Nut Cheerios

#### Assorted Breakfast Bars Include:

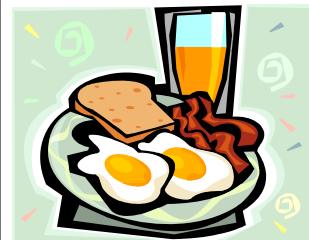
Whole Grain with real Fruit  
Nutrigrain Bars-Apple, Blueberry and Strawberry



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| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | WEEKLY AVERAGE   |
|---|---|--|--|--|--|
| <sup>21</sup><br>Assorted Cereals &/or<br>Assorted Breakfast Bars<br>Blueberry Pancakes<br>100% Mixed Berry Juice<br>Plain Applesauce | <sup>22</sup><br>Assorted Cereals &/or<br>Assorted Breakfast Bars<br>Egg/Cheese Sandwich<br><br>100% Straw/Kiwi Juice<br>Fresh Strawberries | <sup>23</sup><br>Assorted Cereals &/or<br>Assorted Breakfast Bars<br>Breakfast Sausage Pizza<br><br>100% Apple Juice<br>Banana | <sup>24</sup><br>Assorted Cereals &/or<br>Assorted Breakfast Bars<br>WG Coffee Cake<br><br>100% Orange Juice<br>Apple Slices | <sup>25</sup><br>Assorted Cereals &/or<br>Assorted Breakfast Bars<br>Omelet & Biscuit<br><br>100% Fruit Punch<br>Fresh Peaches | Calories 488<br>Total Fat 9.5g<br>Sat. Fat 2.6g<br>Fiber 5.5g<br>Sodium 524 mg |
| <sup>28</sup><br>Assorted Cereals &/or<br>Assorted Breakfast Bars<br>French Toast<br><br>100% Mixed Berry Juice<br>Plain Applesauce   | <sup>29</sup><br>Assorted Cereals &/or<br>Assorted Breakfast Bars<br>Yogurt Parfait Pack<br><br>100% Straw/Kiwi Juice<br>Grapes             | <sup>30</sup><br>Assorted Cereals &/or<br>Assorted Breakfast Bars<br>Pancake & Sausage<br><br>100% Apple Juice<br>Banana       | Fruits & Veggies More Matters Month<br>   |  | Calories 488<br>Total Fat 8.2g<br>Sat. Fat 2.3g<br>Fiber 5.0g<br>Sodium 464 mg |

All American Better Breakfast Month—  
An official holiday—recognized by a number of school districts to promote the importance of breakfast. While we have no verifiable information about the origins of this holiday, it should be noted that breakfast has been scientifically proven to improve the academic performance of students...thus, a month dedicated to the morning meal is particularly well-suited to the back-to-school September time frame.



**Whole Grain Month**



**Childhood Obesity Awareness Month**

## New 2015-2016 Meal Applications Available Now!! Free and Reduced Price Meals!

- **Safe and Secure**  
We use the highest level of data encryption available, meaning that your that your information is always safe and guarded.
- **Private**  
Apply online in the comfort of your own home. The online service is available 24 hours a day, 7 days a week, anywhere there is an Internet connection.
- **Fast**  
Your data is transmitted to the Food Service Office the same day you apply, allowing for quicker processing so you receive benefits faster.

Applications Available in English and Spanish

Go Green and Complete Online at:

[www.WCCUSD.net](http://www.WCCUSD.net)

Go to Headlines, Scroll down & Click on Applications for Free/Reduced Lunches Complete Application