# WCCUSD September 2015 Elementary Lunch Menu

Visit us on the web at www.wccusd.net

Menu Subject to Change

### MONDAY

# Don't Forget Meatless Monday Co

Labor Day Holiday

Don't

Forget

Meatless

Mondays

Chili over Spanish Rice<sup>14</sup> or Cheese Pizza Sliders or Fresh Fruit Snack Pack

Snap Peas & Tomatoes
100% Mixed Berry Juice

### **TUESDAY**

Corn Dog
or BBQ Beef Sandwich
or Pasta Salad
Corn
Cool Ranch Chips
Fresh Strawberries

Hot Dog/Bun & Corn
or BBQ Beef Sandwich
or Garden Salad

Fresh Plums 100% Fruitables

Chicken Tenders & Tots or Wrapped Hot Dog or Caesar Salad

Apple Slices
100% Fruitables

### WEDNESDAY

Chicken Tenders & Tots or Chicken/Cheese Burrito or Southwestern Salad

Refried Beans/Cheese Banana

> Meatless Rotini or Beef Taco Stick or Caesar Salad

> > Celery Sticks
> > Apple Slices

Chili & Corn or All 16
American Hamburger or
Rockin'ola Yogurt Parfait

Cool Ranch Chips Jicama Fresh Peaches

### THURSDAY

Meatless Spaghetti or Beef Chimichangas or Chicken Caesar Salad

Tomato & Lettuce Cup 100% Apple Juice

Chicken Tenders & Tots or Beef Tenders/Potatoes or Fruit & Cheese Plate

Refried Beans & Cheese Fresh Nectarines

Pepper Jack Cheese Burger or Cheese Enchiladas/Rice or Chef Salad Choco Graham Crackers Refried Beans/Cheese Fresh Plums

### FRIDAY

Turkey Ham/Cheese
Sandwich or French Toast
& Chicken Sausage
or Fruit & Cheese Plate
Plain Applesauce
Cole Slaw

Calories 664
Total Fat 17.2g
Sat. Fat 5.8g
Fiber 10.0g
Sodium 943 mg

**WEEKLY AVERAGE** 

Kung Pao Chicken/Rice or Cheese Wedge Pizza or Beef Taco Salad

> Corn Fresh Peaches

Calories 602 Total Fat 16.3g Sat. Fat 5.9g Fiber 9.6g Sodium 1080 mg

Chicken Little Sliders or Ham/Cheese Sandwich or Hummus/Breadsticks

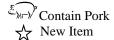
Lettuce & Pickle Fresh Apples Calories 613
Total Fat 17.4g
Sat. Fat 5.7g
Fiber 10.7g
Sodium 1155 mg

### Meal Price:

Full Price—2.25 Reduced—No charge Adult—\$3.50 Milk ala Carte—\$0.50

### Menu Key:

Meatless Option
Contains Beef



All Meals Served Daily With: A Choice of 1% or Lactaid Milk

A Choice of 3 Entrees, 1 Entrée Always Vegetarian,

10

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



# WCCUSD September 2015 Elementary Lunch Menu

### **MONDAY**

Grilled Cheese or

Marinara Cheese Bites
or Fresh Fruit Snack Pack

100% Fruitables
Apple Slices

Macaroni & Cheese or Omelet & Tots

or Fresh Fruit Snack Pack

100% Fruitables
Apple Slices

### **TUESDAY**

Chicken Tenders & Tots or Cheese Pizza Sliders or Beef Taco Salad Salsa Sunchips Corn Plain Applesauce

Chicken Tenders & Tots<sup>29</sup>
or Sunflower Butter/Jelly
Sandwich or Chef Salad
Straw/Banana Yogurt
Celery Sticks
Mixed Fruit Cup

### WEDNESDAY

Chicken Corn Dog or or Bean/Cheese Burrito or Rockin'ola Yogurt Parfait

Tomato & Lettuce Cup 100% Straw/Kiwi Juice

Meatloaf & Potatoes<sup>30</sup>
Bagel & Cream Cheese
Rockin'ola Yogurt Parfait *Corn Cookie* 

Banana

### **THURSDAY**

Cheese Burger Sliders or Chicken Patty/Bun or Garden Salad

> Celery Sticks Banana

### FRIDAY

Pepperoni Wedge Pizza or Beef Taco Boat or Caesar Salad

Refried Beans/Cheese Pineapple

### **WEEKLY AVERAGE**

Calories 609 Total Fat 16.6g Sat. Fat 5.4g Fiber 9.5g Sodium 916 mg

Calories 651
Total Fat 18.6g

Sat. Fat 5.3g Fiber 8.2g Sodium 898 mg

## Fruits & Veggies More Matters Month





# 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

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Go Green and Complete Online at:

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