

WCCUSD September 2015

Elementary LUNCH MENU

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


Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
<p>Don't Forget Meatless Monday</p>	<p>¹ Corn Dog or BBQ Beef Sandwich or Pasta Salad <i>Corn</i> Cool Ranch Chips Fresh Strawberries</p>	<p>² Chicken Tenders & Tots or Chicken/Cheese Burrito or Southwestern Salad <i>Refried Beans/Cheese</i> <i>Banana</i></p>	<p>³ Meatless Spaghetti or Beef Chimichangas or Chicken Caesar Salad <i>Tomato & Lettuce Cup</i> <i>100% Apple Juice</i></p>	<p>⁴ Turkey Ham/Cheese Sandwich or French Toast & Chicken Sausage or Fruit & Cheese Plate Plain Applesauce Cole Slaw</p>	<p>Calories 664 Total Fat 17.2g Sat. Fat 5.8g Fiber 10.0g Sodium 943 mg</p>
<p>⁷ Labor Day Holiday Don't Forget Meatless Mondays</p> 	<p>⁸ Hot Dog/Bun & Corn or BBQ Beef Sandwich or Garden Salad <i>Fresh Plums</i> <i>100% Fruitables</i></p>	<p>⁹ Meatless Rotini or Beef Taco Stick or Caesar Salad <i>Celery Sticks</i> <i>Apple Slices</i></p>	<p>¹⁰ Chicken Tenders & Tots or Beef Tenders/Potatoes or Fruit & Cheese Plate <i>Refried Beans & Cheese</i> <i>Fresh Nectarines</i></p>	<p>¹¹ Or Kung Pao Chicken/Rice Cheese Wedge Pizza or Beef Taco Salad <i>Corn</i> <i>Fresh Peaches</i></p>	<p>Calories 602 Total Fat 16.3g Sat. Fat 5.9g Fiber 9.6g Sodium 1080 mg</p>
<p>¹⁴ Chili over Spanish Rice or Cheese Pizza Sliders or Fresh Fruit Snack Pack <i>Snap Peas & Tomatoes</i> <i>100% Mixed Berry Juice</i></p>	<p>¹⁵ Chicken Tenders & Tots or Wrapped Hot Dog or Caesar Salad <i>Apple Slices</i> <i>100% Fruitables</i></p>	<p>¹⁶ Chili & Corn or All American Hamburger or Rockin'ola Yogurt Parfait <i>Cool Ranch Chips</i> <i>Jicama</i> <i>Fresh Peaches</i></p>	<p>¹⁷ Pepper Jack Cheese Burger or Cheese Enchiladas/Rice or Chef Salad <i>Choco Graham Crackers</i> <i>Refried Beans/Cheese</i> <i>Fresh Plums</i></p>	<p>¹⁸ Chicken Little Sliders or Ham/Cheese Sandwich or Hummus/Breadsticks <i>Lettuce & Pickle</i> <i>Fresh Apples</i></p>	<p>Calories 613 Total Fat 17.4g Sat. Fat 5.7g Fiber 10.7g Sodium 1155 mg</p>

Meal Price:

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

Menu Key:

 Meatless Option  Contain Pork
 Contains Beef  New Item

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



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
<p>Grilled Cheese or ²¹ Marinara Cheese Bites or Fresh Fruit Snack Pack</p> <p><i>100% Fruitables</i> <i>Apple Slices</i></p>	<p>Chicken Tenders & Tots ²² or Cheese Pizza Sliders or Beef Taco Salad <i>Salsa Sunchips</i> <i>Corn</i> <i>Plain Applesauce</i></p>	<p>Chicken Corn Dog or ²³ or Bean/Cheese Burrito or Rockin'ola Yogurt Parfait</p> <p><i>Tomato & Lettuce Cup</i> <i>100% Straw/Kiwi Juice</i></p>	<p>Cheese Burger Sliders ²⁴ or Chicken Patty/Bun or Garden Salad</p> <p><i>Celery Sticks</i> <i>Banana</i></p>	<p>Pepperoni Wedge Pizza ²⁵ or Beef Taco Boat or Caesar Salad</p> <p><i>Refried Beans/Cheese</i> <i>Pineapple</i></p>	<p>Calories 609 Total Fat 16.6g Sat. Fat 5.4g Fiber 9.5g Sodium 916 mg</p>
<p>Macaroni & Cheese ²⁸ or Omelet & Tots or Fresh Fruit Snack Pack</p> <p><i>100% Fruitables</i> <i>Apple Slices</i></p>	<p>Chicken Tenders & Tots ²⁹ or Sunflower Butter/Jelly Sandwich or Chef Salad <i>Straw/Banana Yogurt</i> <i>Celery Sticks</i> <i>Mixed Fruit Cup</i></p>	<p>Meatloaf & Potatoes ³⁰ Bagel & Cream Cheese Rockin'ola Yogurt Parfait <i>Corn</i> <i>Cookie</i> <i>Banana</i></p>	<p>Fruits & Veggies More Matters Month</p> 		<p>Calories 651 Total Fat 18.6g Sat. Fat 5.3g Fiber 8.2g Sodium 898 mg</p>

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**
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Applications Available in English and Spanish

Go Green and Complete Online at:

www.WCCUSD.net

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