


September 2015

Cold Supper

Visit us on the web at www.wccusd.

Menu Subject to change

All Meals Served with 1% or Lactaid Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
<p><i>Don't Forget Meatless Mondays</i></p>	<p>Straw/Banana Yogurt¹ Rockin'ola Granola Choco Graham Crackers Sunflower Seeds Fresh Peaches 100% Fruitables</p>	<p>Turk/Ham & Cheese² Sandwich, Cheese Hoagie Salsa Sunchips Carrot Pack Fresh Apples</p>	<p>WG Cheese Pizza³ Fresh Nectarines 100% Fruitables</p>	<p>Tuna Salad⁴ Multigrain Sunchips Jungle Crackers Wild River Blend Fruit 100% Apple Juice</p>	<p>Calories 720 Total Fat 23.9g Sat. Fat 6.5g Fiber 7.8g Sodium 926 mg</p>
<p>⁷ <i>Labor Day Holiday</i></p> 	<p>Turkey & Cheese⁸ Croissant, Sunflower Butter/Jelly Sandwich Choco Graham Crackers Carrot Pack 100% Fruit Punch</p>	<p>Apple Cinnamon Bar⁹ Mozzarella String Cheese Sunflower Seeds Pretzel Mixed Fruit Cup 100% Fruit Punch</p>	<p>Sunflower Butter/¹⁰ Jelly Sandwich Colby Jack Cheese Stick Goldfish Crackers Celery Sticks 100% Fruitables</p>	<p>Turkey/Ham & Cheese Sandwich¹¹ WG Cheese Pizza Kit Apple Slices 100% Fruitables</p>	<p>Calories 717 Total Fat 26.5g Sat. Fat 7.3g Fiber 7.0g Sodium 1040 mg</p>
<p>¹⁴ Rockin'ola Granola Vanilla Graham Crackers Apple Slices 100% Orange Juice</p>	<p>¹⁵ Ham & Cheese Hoagie Cheese Hoagie Tomato & Lettuce Cup 100% Fruit Punch</p>	<p>¹⁶ Turkey/Cheese Lunch Kit WG Cheese Pizza Kit Straw/Banana Yogurt Carrot Pack 100% Fruit Punch</p>	<p>¹⁷ Spinach Salad Sunflower Seeds Salsa Sunchips Fresh Nectarines</p>	<p>¹⁸ Bagel & Cream Cheese Sliced Ham & Cheese Sliced Cheese Wild River Bend Fruit 100% Mixed Berry Juice</p>	<p>Calories 717 Total Fat 27.0g Sat. Fat 8.8g Fiber 5.1g Sodium 1092 mg</p>


West Contra Costa Unified School District

Menu Key:

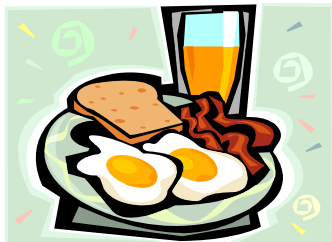
-  Meatless Option
-  Contains Beef
-  Contains pork
-  New Item

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
Sunflower Butter ²¹ Jelly Sandwich Vanilla Dots Sunflower Seeds Apple Slices 100% Orange Juice	²² WG Cheese Pizza Kit Sunflower Seeds Carrot Pack 100% Fruit Punch	²³ Ham/Cheese Hoagie Cheese Hoagie Fresh Apples 100% Orange Juice	²⁴ Fruit & Cheese Plate BBQ Honey Crisps Scooby Doo Crackers 100% Fruitables	²⁵ Apple Cinnamon Bar Strawberry Yogurt Sunflower Seeds Apple Slices Pretzels 100% Fruit Punch	Calories 763 Total Fat 28.4g Sat. Fat 7.2g Fiber 7.2g Sodium 1096 mg
²⁸ Strawberry Yami Yogurt Rockin'ola Granola Sports Graham Crackers Carrot Pack 100% Orange Juice	²⁹ Turkey/Cheese Croissant Cheese Croissant Apple Slices 100% Fruitables	³⁰ Caesar Salad Mozzarella String Cheese Savory Cracker Bites Cinnamon Applesauce	Fruits & Veggies More Matters Month 		Calories 600 Total Fat 19.1g Sat. Fat 6.9g Fiber 4.6g Sodium 903 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

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Applications Available in English and Spanish

Go Green and Complete Online at:

www.WCCUSD.net

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