


September 2015

HOT 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>¹ Pepperoni Wedge Pizza Cheese Wedge Pizza Fresh Peaches 100% Fruitables</p>	<p>² Turkey/Cheese Croissant Grilled Cheese Cheddar Sunchips Carrot Pack Fresh Apples</p>	<p>³ Macaroni & Cheese Sunflower Seeds Fresh Nectarines 100% Fruitables</p>	<p>⁴ All American Hamburger Meatless Rotini Sports Graham Crackers Wild River Blend Fruit 100% Apple Juice</p>	<p>Calories 672 Total Fat 20.8g Sat. Fat 6.7g Fiber 6.9g Sodium 1053 mg</p>
<p>⁷ <i>Labor Day Holiday</i></p> 	<p>⁸ Beef/Cheese Taco Stick Bean & Cheese Burrito Raspberry Yogurt Apple Slices 100% Fruit Punch</p>	<p>⁹ Pepper Jack Cheese Burger Cheese Pizza Calzone Fresh Peaches 100% Apple Juice</p>	<p>¹⁰ Green Chili Tamale Mozzarella String Cheese Celery Sticks 100% Fruit Punch</p>	<p>¹¹ Chicken Tenders & Tots Veggie Burger Choco Graham Crackers Apple Slices 100% Mixed Berry</p>	<p>Calories 647 Total Fat 16.7g Sat. Fat 6.5g Fiber 10.2g Sodium 772 mg</p>
<p>¹⁴ Macaroni & Cheese Cheez-It Crackers Apple Slices 100% Fruitables</p>	<p>¹⁵ Cheese Burger Sliders Grilled Cheese Tomato & Lettuce Cup Grapes 100% Fruit Punch</p>	<p>¹⁶ Chicken Corn Dog Mini Cheese Bagel Pizza Carrot Pack 100% Orange Juice</p>	<p>¹⁷ Chicken/Cheese Burrito Bean & Cheese Burrito Fresh Nectarines 100% Orange Juice</p>	<p>¹⁸ WG Cheese Pizza Wild River Bend Fruit 100% Fruitables</p>	<p>Calories 569 Total Fat 14.3g Sat. Fat 6.2g Fiber 5.4g Sodium 858 mg</p>


West Contra Costa Unified School District

Menu Key:

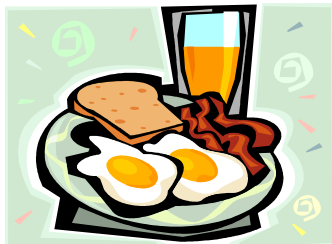
-  Meatless Option
-  Contains Beef
-  Contains pork
-  New Item

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
21 Bean & Cheese Burrito WG Vanilla Dots Apple Slices 100% Orange Juice	22 Chicken Alfredo Pasta Alfredo Pasta Dinner Roll Carrot Pack 100% Orange Juice	23 Beef/Cheese Taco Stick Veggie Burger Raspberry Yogurt Celery Sticks 100% Fruitables	24 Kahuna Hot Dogs Grilled Cheese Jungle Crackers Grapes 100% Fruitables	25 Beef Taco Boat Veggie Taco Boat Tomato & Lettuce Cup Wild River Blend Fruit 100% Fruit Punch	Calories 626 Total Fat 17.1g Sat. Fat 5.5g Fiber 6.5g Sodium 953 mg
28 Marinara Cheese Bites Scooby Doo Crackers Carrot Pack 100% Orange Juice	29 Cheese Enchiladas/Rice Apple Slices 100% Fruitables	30 Round Cheese Sliders Peach Fruit Cup 100% Fruitables	Fruits & Veggies More Matters Month 		Calories 621 Total Fat 18.6g Sat. Fat 7.7g Fiber 6.2g Sodium 983 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

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