Visit us on the web at www.wccusd.net

Menu Subject to Change

Meals Served with 1% or Lactaid Milk

MONDAY

Don't **Forget** Meatless **Mondays**

TUESDAY WEDNESDAY



Turkey/Cheese Sandwich or

THURSDAY

Cheese Hoagie 100% Fruit Punch Nectarine

8

15

FRIDAY

Fruit & Hard boiled Egg **Scooby Doo Crackers BBQ Honey Crisps** 100% Fruitables

WEEKLY AVERAGE

Calories 584 Total Fat 16.2g Sat. Fat 7.1g Sodium 972 mg

Strawberry Yogurt Sports Graham Crackers Rockin'ola Granola **Carrot Pack 100% Orange Juice**

Cheese & Turkey Pep Pizza Meal or WG Cheese Pizza 100% Fruitables Fresh Apple

Turkey/Ham/Cheese Wrap or Cheese Wrap 100% Fruitables Apple Slice

Caesar Salad **Mozzarella String Cheese WG Savory Cracker Bites Plain Applesauce**

Fruit & Cheese Plate **Scooby Doo Crackers BBQ Honey Crisps** 100% Fruitables

Calories 662 Total Fat 21.2g Sat. Fat 8.0g Sodium 1037 mg

No School Today

12

Vanilla Yogurt Rockin'ola Granola **Choco Bear Crackers Sunflower Seeds** 100% Fruitables Grapes

Turkey/Ham & Cheese Sandwich or **Cheese Hoagie** Salsa Sunchips **Carrot Pack** Fresh Apple

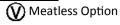
WG Cheese Pizza 100% Fruitables **Apple Slices**

16 **Tuna Salad Multigrain Sunchips Jungle Crackers** 100% Apple Juice Fruit Blend Snacks

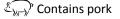
Calories 711 Total Fat 23.6g Sat. Fat 6.5g Sodium 932 mg

est Contra Costa Unified School District

Menu Key:









ctober

MONDAY

Strawberry Yogurt¹⁹ **Scooby Doo Crackers Cool Ranch Chips** Carrot Pack 100% Apple Juice

26 **Strawberry Yogurt** Vanilla Bear Crackers Rockin'ola Granola 100% Orange Juice **Apple Slices**

TUESDAY

Turkey/Cheese Sandwich or Sun/Butter & **Jelly Sandwich Bear Crackers** Carrot Pack 100% Fruit Punch

Ham & Cheese Hoagie or Cheese Hoagie Tomato & Lettuce 100% Fruit Punch

WEDNESDAY

Apple Cinnamon Bar **Mozzarella String Cheese** Sunflower Seeds Pretzels 100% Fruit Punch **Mixed Fruit Cup**

Turkey/Cheese Lunch Kit or WG Cheese Pizza Straw/Banana Yogurt Carrot Pack 100% Fruit Punch

THURSDAY

22 Sun/Butter & **Jelly Sandwich Colby Jack Cheese Stick Goldfish Crackers** 100% Fruitables **Celery Sticks**

> 29 Spinach Salad **Sunflower Seeds Salsa Sunchips Grapes**

FRIDAY

23 **Turkey Ham/Cheese** Sandwich or WG Cheese Pizza 100% Fruitables Apple Slices

Calories 709 Total Fat 24.4g Sat. Fat 6.8g Sodium 986 mg

WEEKLY AVERAGE

30

Bagel & Cream Cheese Sliced Ham & Cheese or Sliced Cheese 100% Mixed Berry Juice **Blend Fruit Snacks**

Calories 716 Total Fat 27.0g Sat. Fat 8.8g

Health Education Week October 19-October 23

School Nutrition Association (SNA) - Mission: SNA is the national organization of school nutrition professionals committed to advancing quality of school meal programs through education and advocacy.

- Parents can encourage students to try the variety of fruits and vegetables available with school meals by offering more variety at home
- Teachers can incorporate lessons on healthy eating into practical learning in the classroom, from studying the geographic origins of fruits and vegetables to using nutrition labels to calculate per package total of sugar or sodium in popular snacks
- Students can participate in the menu development process through taste tests & student advocacy committee
- Administrators can support efforts to improve lunch period scheduling to ensure students have adequate time to eat

Happy Healthy Halleween!

Vegetarian Awareness Month

You will be helping others to be informed about the benefits of vegetarianism. You will be helping to create a better world because vegetarian diets have proven health benefits, save animals' lives and help to preserve the earth.

Celebrate International Walk to School Day on October 7!







Sodium 1094 mg