



# October 2015

## Cold Supper

Visit us on the web at [www.wccusd.net](http://www.wccusd.net)

Menu Subject to Change

Meals Served with 1% or Lactaid Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
<p><i>Don't Forget Meatless Mondays</i></p>		<p>Apple Month</p> 	<p>Turkey/Cheese Sandwich or Cheese Hoagie 100% Fruit Punch Nectarine</p> <p style="text-align: right;">1</p>	<p>Fruit &amp; Hard boiled Egg Scooby Doo Crackers BBQ Honey Crisps 100% Fruitables</p> <p style="text-align: right;">2</p>	<p>Calories 584 Total Fat 16.2g Sat. Fat 7.1g Sodium 972 mg</p>
<p>Strawberry Yogurt Sports Graham Crackers Rockin'ola Granola Carrot Pack 100% Orange Juice</p> <p style="text-align: right;">5</p>	<p>Cheese &amp; Turkey Pep Pizza Meal or WG Cheese Pizza 100% Fruitables Fresh Apple</p> <p style="text-align: right;">6</p>	<p>Turkey/Ham/Cheese Wrap or Cheese Wrap 100% Fruitables Apple Slice</p> <p style="text-align: right;">7</p>	<p>Caesar Salad Mozzarella String Cheese WG Savory Cracker Bites Plain Applesauce</p> <p style="text-align: right;">8</p>	<p>Fruit &amp; Cheese Plate Scooby Doo Crackers BBQ Honey Crisps 100% Fruitables</p> <p style="text-align: right;">9</p>	<p>Calories 662 Total Fat 21.2g Sat. Fat 8.0g Sodium 1037 mg</p>
<p>No School Today</p> <p style="text-align: right;">12</p>	<p>Vanilla Yogurt Rockin'ola Granola Choco Bear Crackers Sunflower Seeds 100% Fruitables Grapes</p> <p style="text-align: right;">13</p>	<p>Turkey/Ham &amp; Cheese Sandwich or Cheese Hoagie Salsa Sunchips Carrot Pack Fresh Apple</p> <p style="text-align: right;">14</p>	<p>WG Cheese Pizza 100% Fruitables Apple Slices</p> <p style="text-align: right;">15</p>	<p>Tuna Salad Multigrain Sunchips Jungle Crackers 100% Apple Juice Fruit Blend Snacks</p> <p style="text-align: right;">16</p>	<p>Calories 711 Total Fat 23.6g Sat. Fat 6.5g Sodium 932 mg</p>

# West Contra Costa Unified School District

**Menu Key:**

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

# October 2015

## Cold Supper

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
Strawberry Yogurt <sup>19</sup> Scooby Doo Crackers Cool Ranch Chips Carrot Pack 100% Apple Juice	Turkey/Cheese Sandwich <sup>20</sup> or Sun/Butter & Jelly Sandwich <i>Bear Crackers</i> <i>Carrot Pack</i> 100% Fruit Punch	Apple Cinnamon Bar <sup>21</sup> Mozzarella String Cheese Sunflower Seeds Pretzels 100% Fruit Punch Mixed Fruit Cup	Sun/Butter & Jelly Sandwich <sup>22</sup> Colby Jack Cheese Stick Goldfish Crackers 100% Fruitables Celery Sticks	Turkey Ham/Cheese <sup>23</sup> Sandwich or WG Cheese Pizza 100% Fruitables <i>Apple Slices</i>	Calories 709 Total Fat 24.4g Sat. Fat 6.8g Sodium 986 mg
Strawberry Yogurt <sup>26</sup> Vanilla Bear Crackers Rockin'ola Granola 100% Orange Juice Apple Slices	Ham & Cheese Hoagie <sup>27</sup> or Cheese Hoagie <i>Tomato &amp; Lettuce</i> 100% Fruit Punch	Turkey/Cheese Lunch Kit <sup>28</sup> or WG Cheese Pizza <i>Straw/Banana Yogurt</i> <i>Carrot Pack</i> 100% Fruit Punch	Spinach Salad <sup>29</sup> Sunflower Seeds Salsa Sunchips Grapes	Bagel & Cream Cheese <sup>30</sup> Sliced Ham & Cheese or Sliced Cheese 100% Mixed Berry Juice <i>Blend Fruit Snacks</i>	Calories 716 Total Fat 27.0g Sat. Fat 8.8g Sodium 1094 mg

### 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 Halloween!

### 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!

