



WCCUSD October 2015 Elementary Breakfast Menu

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Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
<p><i>Don't Forget Meatless Mondays</i></p>		<p>Apple Month</p> 	<p>Assorted Cereals &/or Assorted Breakfast Bars Mini Strawberry Bagels</p> <p>100% Orange Juice Sliced Apples</p>	<p>Assorted Cereals &/or Assorted Breakfast Bars Mini Maple Waffles</p> <p>100% Fruit Punch Kiwi & Oranges</p>	<p>Calories 456 Total Fat 7.1g Sat. Fat 2.3g Sodium 423 mg</p>
<p>Assorted Cereals &/or Assorted Breakfast Bars Mini Blueberry Pancake</p> <p>100% Mixed Berry Juice Plain Applesauce</p>	<p>Assorted Cereals &/or Assorted Breakfast Bars Egg/Cheese Sandwich</p> <p>100% Straw/Kiwi Juice Mixed Fruit Cup</p>	<p>Assorted Cereals &/or Assorted Breakfast Bars Breakfast Sausage Pizza Mozzarella String Cheese</p> <p>100% Apple Juice Banana</p>	<p>Assorted Cereals &/or Assorted Breakfast Bars WG Coffee Cake</p> <p>100% Orange Juice Sliced Apples</p>	<p>Assorted Cereals &/or Assorted Breakfast Bars Omelet & Biscuit</p> <p>100% Fruit Punch Peach Fruit Cup</p>	<p>Calories 479 Total Fat 9.3g Sat. Fat 2.9g Sodium 522 mg</p>
<p>No School Today</p>	<p>Assorted Cereals &/or Assorted Breakfast Bar Yogurt Parfait Pack</p> <p>100% Straw/Kiwi Juice Wild Blend Fruit</p>	<p>Assorted Cereals &/or Assorted Breakfast Bars Pancake/Sausage/Stick</p> <p>100% Apple Juice Sliced Apples</p>	<p>Assorted Cereals &/or Assorted Breakfast Bars Mini Strawberry Bagels</p> <p>100% Orange Juice Kiwi & Oranges</p>	<p>Assorted Cereals &/or Assorted Breakfast Bars Grilled Cheese</p> <p>100% Fruit Punch Peach Fruit Cup</p>	<p>Calories 482 Total Fat 8.5g Sat. Fat 3.3g Sodium 529 mg</p>

Meal Price:

Full Price—1.50 Reduced—No charge
Adult—\$2.50 Milk ala Carte—\$0.50

Menu Key:

 Meatless Option
  Contain Pork
 Contains Beef
  New Item

All Meals Served Daily With:

Assorted Cereals Include:

Assorted Breakfast Bars Include:

A Choice of 1% or Lactaid Milk and Assorted 100% Juice and Fresh Fruit

Whole Grain Reduced Sugar Cinnamon Chex
 Whole Grain Reduced Cinnamon Toast Crunch
 Whole Grain Reduced Sugar Froot Loops
 Whole Grain Honey Nut Cheerios
 Whole Grain with real Fruit
 Nutrigrain Bars-Apple, Blueberry and Strawberry



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
Assorted Cereals &/or ¹⁹ Assorted Breakfast Bars WG Coffee Cake <i>100% Mixed Berry Juice</i> <i>Plain Applesauce</i>	Assorted Cereals &/or ²⁰ Assorted Breakfast Bars Choco Chip French Toast <i>100% Fruit Punch</i> <i>Plain Applesauce</i>	Assorted Cereals &/or ²¹ Assorted Breakfast Bars Breakfast Sausage Pizza Mozzarella String Cheese <i>100% Apple Juice</i> <i>Banana</i>	Assorted Cereals &/or ²² Assorted Breakfast Bars Green Chili Quesadilla <i>100% Orange Juice</i> <i>Sliced Apples</i>	Assorted Cereals &/or ²³ Assorted Breakfast Bars Egg/Cheese Sandwich <i>100% Fruit Punch</i> <i>Peach Fruit Cup</i>	Calories 494 Total Fat 9.6g Sat. Fat 3.2g Sodium 509 mg
Assorted Cereals &/or ²⁶ Assorted Breakfast Bars Mini Cinnis <i>100% Apple Juice</i> <i>Apple Slices</i>	Assorted Cereals &/or ²⁷ Assorted Breakfast Bars Bagel & Cream Cheese <i>100% Straw/Kiwi Juice</i> <i>Pineapple Snack</i>	Assorted Cereals &/or ²⁸ Assorted Breakfast Bars Egg/Cheese Bacon Burrito <i>100% Apple Juice</i> <i>Fresh Apple</i>	Assorted Cereals &/or ²⁹ Assorted Breakfast Bars Cinnamon Roll <i>100% Orange Juice</i> <i>Banana</i>	Assorted Cereals &/or ³⁰ Assorted Breakfast Bars Sausage Sandwich Mixed Berry Crackers <i>100% Fruit Punch</i> <i>Grapes</i>	Calories 500 Total Fat 8.6g Sat. Fat 3.1g Sodium 494 mg

Health Education Week October 18—October 24

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!

