CCUSD October 20

Visit us on the web at www.wccusd.net

Menu Subject to Change

MONDAY

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

Assorted Cereals &/or **Assorted Breakfast Bars** Mini Blueberry Pancake

100% Mixed Berry Juice Plain Applesauce

No School Today

TUESDAY



Assorted Cereals &/or Assorted Breakfast Bars **Egg/Cheese Sandwich**

100% Straw/Kiwi Juice **Mixed Fruit Cup**

Assorted Cereals &/or Assorted Breakfast Bar **Yogurt Parfait Pack**

100% Straw/Kiwi Juice Wild Blend Fruit

WEDNESDAY



Assorted Cereals &/or **Assorted Breakfast Bars Breakfast Sausage Pizza Mozzarella String Cheese** 100% Apple Juice Banana

14 Assorted Cereals &/or **Assorted Breakfast Bars** Pancake/Sausage/Stick

> 100% Apple Juice Sliced Apples

THURSDAY

Assorted Cereals &/or **Assorted Breakfast Bars Mini Strawberry Bagels**

> 100% Orange Juice Sliced Apples

Assorted Cereals &/or **Assorted Breakfast Bars** WG Coffee Cake

100% Orange Juice Sliced Apples

Assorted Cereals &/or 15 **Assorted Breakfast Bars** Mini Strawberry Bagels

> 100% Orange Juice Kiwi & Oranges

FRIDAY

Assorted Cereals &/or **Assorted Breakfast Bars** Mini Maple Waffles

> 100% Fruit Punch Kiwi & Oranges

Assorted Cereals &/or **Assorted Breakfast Bars Omelet & Biscuit**

100% Fruit Punch **Peach Fruit Cup**

Assorted Cereals &/or **Assorted Breakfast Bars Grilled Cheese**

> 100% Fruit Punch **Peach Fruit Cup**

WEEKLY AVERAGE

Calories 456 Total Fat 7.1g Sat. Fat 2.3g Sodium 423 mg

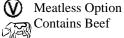
Calories 479 Total Fat 9.3g Sat. Fat 2.9g Sodium 522 mg

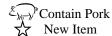
Calories 482 **Total Fat 8.5g** Sat. Fat 3.3g Sodium 529 mg

Meal Price:

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

Menu Kev:





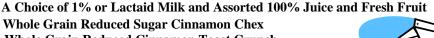
All Meals Served Daily With:

Assorted Cereals Include:

Whole Grain Reduced Sugar Cinnamon Chex Whole Grain Reduced Cinnamon Toast Crunch Whole Grain Reduced Sugar Froot Loops

Whole Grain Honey Nut Cherrios Assorted Breakfast Bars Include: Whole Grain with real Fruit

Nutrigrain Bars-Apple, Blueberry and Strawberry





CCUSD October 20

Assorted Cereals &/or **Assorted Breakfast Bars**

MONDAY

100% Mixed Berry Juice Plain Applesauce

WG Coffee Cake

26 Assorted Cereals &/or **Assorted Breakfast Bars Mini Cinnis**

> 100% Apple Juice **Apple Slices**

TUESDAY

Assorted Cereals &/or **Assorted Breakfast Bars Choco Chip French Toast**

> 100% Fruit Punch Plain Applesauce

Assorted Cereals &/or **Assorted Breakfast Bars Bagel & Cream Cheese**

100% Straw/Kiwi Juice Pineapple Snack

WEDNESDAY

Assorted Cereals &/or **Assorted Breakfast Bars Breakfast Sausage Pizza Mozzarella String Cheese** 100% Apple Juice Banana

28 **Assorted Cereals &/or Assorted Breakfast Bars Egg/Cheese Bacon Burrito** 100% Apple Juice Fresh Apple

THURSDAY

Assorted Cereals &/or **Assorted Breakfast Bars** Green Chili Quesadilla

> 100% Orange Juice Sliced Apples

29 Assorted Cereals &/or **Assorted Breakfast Bars Cinnamon Roll**

> 100% Orange Juice Banana

FRIDAY

23 Assorted Cereals &/or **Assorted Breakfast Bars Egg/Cheese Sandwich**

100% Fruit Punch

Calories 494 Total Fat 9.6g Sat. Fat 3.2g

Sodium 509 mg

Sodium 494 mg

WEEKLY AVERAGE

Peach Fruit Cup

100% Fruit Punch

Grapes

Assorted Cereals &/or Calories 500 **Assorted Breakfast Bars** Total Fat 8.6g Sausage Sandwich Sat. Fat 3.1g **Mixed Berry Crackers**

30

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 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!







S Health Literacy