

WCCUSD October 2015 Elementary Lunch Menu

Visit us on the web at www.wccusd.net

Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
<p><i>Don't Forget Meatless Mondays</i></p> <p>5 (V) Cheese Pizza Wedge or Green Chili Tamale or Snack Pack</p> <p>Power Punch Fruitables Fruit Snack</p>	<p>HAPPY HALLOWEEN</p> <p>6 (V) Chicken Tenders/Tots or (V) Cheese Pizza Calzone or Spinach Salad</p> <p>Celery Sticks Mixed Fruit Cup</p>	<p>Apple Month</p>  <p>7 Kahuna Hot Dog or Sloppy Joe Sandwich or Rockin'ola Yogurt Parfait</p> <p>(V) Salsa Sunchips Steamed Corn Banana</p>	<p>1 Mini Twin Pizza Burger or Tuna & Crackers (V) or Vegetable Pack</p> <p>Salsa Sunchips Lettuce & Pickle 100% Straw/Kiwi Juice</p>	<p>2 Chick/Cheese Rice Burrito or Beef & Cheese Taco Stick (V) or Caesar Salad</p> <p>Refried Beans & Cheese Peach Fruit Cup</p>	<p>Calories 601 Total Fat 18.4g Sat. Fat 7.8g Sodium 1057mg</p>
<p>12 No School Today</p>	<p>13 Chicken Corn Dog or (V) BBQ Beef Sandwich or Snack Pack</p> <p>Tomato & Lettuce Apple Slices</p>	<p>14 Chicken Tenders & Tots or Chicken/Cheese/Rice Burrito (V) or Southwestern Salad</p> <p>Refried Beans & Cheese Banana</p>	<p>8 (V) Cheese Burger Sliders or Chicken & Veggie Egg Roll or Hummus & Breadsticks</p> <p>9 (V) Pepperoni Pizza or Beef Taco Boat or Caesar Salad</p> <p>Snap Peas & Tomatoes 100% Straw/Kiwi Juice</p> <p>Tomato & Lettuce Grapes</p>	<p>9 Pepperoni Pizza or Beef Taco Boat or (V) Caesar Salad</p> <p>Tomato & Lettuce Grapes</p>	<p>Calories 632 Total Fat 19.4g Sat. Fat 5.7g Sodium 925 mg</p>
<p>12 No School Today</p>	<p>13 Chicken Corn Dog or (V) BBQ Beef Sandwich or Snack Pack</p> <p>Tomato & Lettuce Apple Slices</p>	<p>14 Chicken Tenders & Tots or Chicken/Cheese/Rice Burrito (V) or Southwestern Salad</p> <p>Refried Beans & Cheese Banana</p>	<p>15 Italian Combo Sandwich or French Toast/Chicken (V) or Fruit & Cheese Plate</p> <p>Cole Slaw Plain Applesauce</p>	<p>16 BBQ Chicken & Biscuit or Beef Chimichangas (V) or Caesar Salad</p> <p>100% Apple Juice Tator Tots</p>	<p>Calories 645 Total Fat 19.9g Sat. Fat 6.5g Sodium 1029 mg</p>

FOOD DAY October 20, Food Bank of Contra Costa & Solano
 4010 Nelson Avenue, Concord, CA



National School Lunch Week October 12-16



Meal Price:

Full Price—2.25 Reduced—No charge
 Adult—\$3.50 Milk ala Carte—\$0.50

Menu Key:

(V) Meatless Option (Pig) Contain Pork
 (Cow) Contains Beef (Star) New Item

All Meals Served Daily With: A Choice of 1% or Lactaid Milk
 A Choice of 3 Entrees, 1 Entrée Always Vegetarian,
 1/4 Cup of Baby Carrots
 A Choice Vegetable and Fruit
 All Bread, Crackers, Chips, Grains are Whole Grain



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
19 Bagel & Cream Cheese or Grilled Cheese or Snack Pack <i>Raspberry Yogurt</i> <i>Wild Blend Fruit</i>	20 Hot Dog & Corn or Twin Jack Mini Burger Or Garden Salad <i>Fresh Apples</i> <i>100% Fruitables</i>	21 Meatless Rotini or or Beef /Cheese Taco Boat Chicken Caesar Salad <i>Celery Sticks</i> <i>Banana</i>	22 Chicken Tenders & Tots or Beef Tenders & Pot. or Fruit & Cheese Plate <i>BBQ Baked Beans</i> <i>Apple Slices</i>	23 Kung Pao Chicken/Rice or Cheese Wedge Pizza or Beef Taco Salad <i>Steamed Corn</i> <i>Peach Fruit Cup</i>	Calories 625 Total Fat 16.3g Sat. Fat 5.9g Sodium 1068 mg
26 Veggie Chili over Rice or Round Cheese Sliders or Snack Pack <i>Snap Peas & Tomatoes</i> <i>100% Mixed Berry Juice</i>	27 Chicken Tenders & Tots or Teriyaki Burger or Caesar Salad <i>Apple Slices</i> <i>100% Fruitables</i>	28 Beef Taco Boat or BBQ Beef Sandwich or Rockin'ola Yogurt Parfait <i>Tomato & Lettuce</i> <i>Banana</i>	29 Twin Jack Mini Burger or Cheese Enchilada/Rice or Chef Salad Scooby Doo Crackers Refried Beans Plain Applesauce	30 Chicken Little Sliders or Ham/Cheese Sandwich or Hummus w/Breadstick <i>Jicama</i> <i>Fresh Apples</i>	Calories 629 Total Fat 17.9g Sat. Fat 6.0g Sodium 1166 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!

