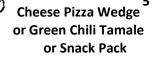
CCUSD October 20 Elementary Lunch Mo

Visit us on the web at www.wccusd.net

Menu Subject to Change

MONDAY

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



Power Punch Fruitables Fruit Snack

No School Today

TUESDAY



Chicken Tenders/Tots or (V)Cheese Pizza Calzone or Spinach Salad

Celery Sticks MIxed Fruit Cup

Chicken Corn Dog or **BBQ Beef Sandwich** or Snack Pack

Tomato & Lettuce **Apple Slices**

WEDNESDAY



Apple Month



Kahuna Hot Dog or Sloppy Joe Sandwich or Rockin'ola Yogurt Parfait Salsa Sunchips Steamed Corn

Banana

Chicken Tenders & Tots or Chicken/Cheese/Rice Burrito or Southwestern Salad

Refried Beans & Cheese Banana

THURSDAY

Mini Twin Pizza Burger or Tuna & Crackers **W** or Vegetable Pack Salsa Sunchips Lettuce & Pickle 100% Straw/Kiwi Juice

Cheese Burger Sliders or Chicken & Veggie Egg Roll or Hummus & Breadsticks

Snap Peas & Tomatoes 100% Straw/Kiwi Juice

Italian Combo Sandwich or French Toast/Chicken n or Fruit & Cheese Plate

> Cole Slaw Plain Applesauce

FRIDAY

Chick/CheeseRice Burrito or Reef & Cheese Taco Stick or Caesar Salad

Refried Beans & Cheese **Peach Fruit Cup**

Total Fat 18.4g Sat. Fat 7.8g Sodium 1057mg

Calories 601

WEEKLY AVERAGE

Pepperoni Pizza or Beef Taco Boat or (V) Caesar Salad

> **Tomato & Lettuce** Grapes

BBQ Chicken & Biscuit¹⁶ or Beef Chimichangas

Calories 632 Total Fat 19.4g Sat. Fat 5.7g Sodium 925 mg

Calories 645 Total Fat 19.9g Sat. Fat 6.5g Sodium 1029 mg

100% Apple Juice **Tator Tots**

(V) or Caesar Salad

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

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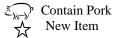
National School Lunch Week October 12-16



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

Menu Kev:

Meatless Option Contains Beef



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





WCCUSD October 2015 Elementary Lunch Menu

MONDAY TUESDAY WEEKLY AVERAGE WEDNESDAY **THURSDAY FRIDAY** Bagel & Cream Cheese 19 Chicken Tenders & Tots Kung Pao Chicken/Rice or Hot Dog & Corn or Meatless Rotini or Calories 625 Twin Jack Mini Burger or Beef /Cheese Taco Boat or Grilled Cheese or ਨ੍ਹਾਰ Beef Tenders & Pot. **Cheese Wedge Pizza or** Total Fat 16.3g Or Garden Salad **Snack Pack** or Fruit & Cheese Plate Beef Taco Salad **Chicken Caesar Salad** Sat. Fat 5.9g Sodium 1068 mg **BBQ** Baked Beans Raspberry Yogurt Fresh Apples **Celery Sticks** Steamed Corn Wild Blend Fruit 100% Fruitables Apple Slices Banana **Peach Fruit Cup** 26 Chicken Little Sliders or 28¹ Chicken Tenders & Tots **Beef Taco Boat or** Calories 629 Veggie Chili over Rice Twin Jack Mini Burger or Vor Round Cheese Sliders 🖓 or Teriyaki Burger or **BBQ Beef Sandwich or** Ham/Cheese Sandwich or Total Fat 17.9g Cheese Enchilada/Rice W Hummus w/Bread*stick* (V) Caesar Salad (V) Rockin'ola Yogurt Parfait Sat. Fat 6.0g or Snack Pack (V) or Chef Salad Sodium 1166 mg Scooby Doo Crackers Apple Slices Tomato & Lettuce Jicama **Snap Peas & Tomatoes** Refried Beans 100% Fruitables Fresh Apples 100% Mixed Berry Juice Banana Plain Applesauce Health Education Week October 18—October 24 School Nutrition Association (SNA) - Mission: SNA is the national organization of school nutrition

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!





