



October 2015

HOT SUPPER

Visit us on the web at 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>¹ Chicken Patty & Bun or Veggie Burger Cool Ranch Chips Cinnamon Applesauce 100% Fruit Punch</p>	<p>² Pepperoni Pizza Wedge or WG Cheese Pizza Tropical Mix Snack 100% Apple Juice</p>	<p>Calories 679 Total Fat 16.1g Sat. Fat 5.9g Sodium 1020 mg</p>
<p>⁵ Grilled Cheese Salsa Sunchips Carrot Pack 100% Orange Juice</p>	<p>⁶ BBQ Beef Sandwich or Veggie Burger WG Vanilla Dots Apple Slices 100% Fruitables</p>	<p>⁷ Round Cheese Sliders 100% Fruitables Grapes</p>	<p>⁸ Beef Chili w/Corn or Meatless Chile w/corn Cool Ranch Chips Mixed Fruit Cup 100% Fruit Punch</p>	<p>⁹ Chicken Corn Dog or Bagel & Cream Cheese Raspberry Yogurt Tropical Mix Snack 100% Apple Juice</p>	<p>Calories 679 Total Fat 16.8g Sat. Fat 6.1g Sodium 999 mg</p>
<p>¹² No School Today</p>	<p>¹³ Pepperoni Pizza Wedge or Cheese Pizza Wedge Strawberry Fruit Cup 100% Fruitables</p>	<p>¹⁴ Turkey/Cheese Sandwich or Grilled Cheese Cheddar Sunchips Carrot Pack Apple Slices</p>	<p>¹⁵ Macaroni & Cheese Sunflower Seeds Plain Applesauce 100% Fruitables</p>	<p>¹⁶ All American Hamburger or Meatless Rotini Sports Graham Crackers Wild Blend Fruit 100% Apple Juice</p>	<p>Calories 671 Total Fat 20.7g Sat. Fat 6.7g Sodium 1058 mg</p>

West Contra Costa Unified School District

Menu Key:

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
¹⁹ Cheese Pizza Wedge Sunflower Seeds Carrot Pack 100% Apple Juice	²⁰ Beef /Cheese Taco Stick or Bean & Cheese Burrito <i>Straw/Banana Yogurt</i> <i>Apple Slices</i> 100% Fruit Punch	²¹ Twin Jack Mini Burger or Cheese Pizza Calzone <i>Carrot Pack</i> 100% Apple Juice	²² Green Chili Tamale Sports Graham Crackers Celery Sticks 100% Fruit Punch	²³ Chicken Tenders w/Corn or Veggie Burger <i>Nacho Cheese Chips</i> <i>Apple Slices</i> 100% Mixed Berry Juice	Calories 692 Total Fat 21.0g Sat. Fat 6.2g Sodium 840 mg
²⁶ Macaroni & Cheese Cheez-It Crackers Sliced Apples 100% Fruitables	²⁷ Cheese Burger Sliders or Grilled Cheese <i>WG Vanilla Dots</i> <i>Tomato & Lettuce</i> 100% Fruitables	²⁸ Chicken Corn Dog or Cheese Bagel Pizza <i>Carrot Pack</i> 100% Orange Juice	²⁹ Chicken /Cheese & Rice Burrito or Bean & Cheese Burrito <i>Tomato & Lettuce</i> 100% Orange Juice	³⁰ WG Cheese Pizza Danimals Raspberry Yogurt Blend Fruit Snacks 100% Fruitables	Calories 590 Total Fat 15.1.g Sat. Fat 6.2 Sodium 890 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!

