October 2015 Hot supper

Visit us on the web at www.wccusd.net

Menu Subject to Change

14

Meals Served with 1% or Lactaid Milk

MONDAY

Don't Forget Meatless Mondays

Apple Month

WEDNESDAY



Chicken Patty & Bun or Veggie Burger Cool Ranch Chips Cinnamon Applesauce 100% Fruit Punch

THURSDAY

Pepperoni Pizza Wedge or WG Cheese Pizza Tropical Mix Snack 100% Apple Juice

FRIDAY

Calories 679 Total Fat 16.1g Sat. Fat 5.9g Sodium 1020 mg

WEEKLY AVERAGE

Grilled Cheese
Salsa Sunchips
Carrot Pack
100% Orange Juice

12

BBQ Beef Sandwich or Veggie Burger WG Vanilla Dots Apple Slices 100% Fruitables

TUESDAY

Round Cheese Sliders 100% Fruitables Grapes Beef Chili w/Corn of Meatless Chile w/corn Cool Ranch Chips Mixed Fruit Cup 100% Fruit Punch

Chicken Corn Dog or Bagel & Cream Cheese Raspberry Yogurt Tropical Mix Snack 100% Apple Juice

Calories 679 Total Fat 16.8g Sat. Fat 6.1g Sodium 999 mg

No School Today

13
Pepperoni Pizza Wedge
or Cheese Pizza Wedge
Strawberry Fruit Cup
100% Fruitables

Turkey/Cheese Sandwich or Grilled Cheese Cheddar Sunchips Carrot Pack Apple Slices

Macaroni & Cheese Sunflower Seeds Plain Applesauce 100% Fruitables

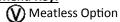
15

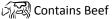
All American Hamburger or Meatless Rotini Sports Graham Crackers Wild Blend Fruit 100% Apple Juice

Calories 671 Total Fat 20.7g Sat. Fat 6.7g Sodium 1058 mg

Vest Contra Costa Unified School District

Menu Key:





16

Contains pork



MONDAY

TUESDAY

20

WEDNESDAY

THURSDAY

FRIDAY

WEEKLY AVERAGE

Cheese Pizza Wedge
Sunflower Seeds
Carrot Pack
100% Apple Juice

Beef /Cheese Taco Stick
or Bean & Cheese Burrito
Straw/Banana Yogurt
Apple Slices
100% Fruit Punch

Twin Jack Mini Burger or Cheese Pizza Calzone

Carrot Pack

100% Apple Juice

Green Chili Tamale
Sports Graham Crackers
Celery Sticks
100% Fruit Punch

Chicken Tenders w/Corn
or Veggie Burger
Nacho Cheese Chips
Apple Slices
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

Cheese Burger Sliders or Grilled Cheese WG Vanilla Dots Tomato & Lettuce 100% Fruitables Chicken Corn Dog or Cheese Bagel Pizza Carrot Pack 100% Orange Juice Chicken /Cheese &
Rice Burrito or
Bean & Cheese Burrito
Tomato & Lettuce
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 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!



