WCCUSD November 2016 Elementary Lunch Menu

Visit us on the web at www.wccusd.net

Cheese Bagel Pizza Or Beef & Cheese Taco Stick

Menu Subject to Change

MONDAY

WENSER

Mini Choc French Toast

Or Snack Pak

Cinnamon Applesauce

Vanilla Yogurt

100% Fruitables

TUESDAY



Or Chix Corn Dog Or

Strawberry Fruit Cup

Baby Carrots

BugBites Cinn Graham

W Caesar Salad

GA .

Hot dog on Bun & Corn or Bean/Cheese Burrito, Or Yogurt Parfait

WEDNESDAY

Pineapple Chunks Cucumber Slices Annie's Graham Friends

Chicken Little Sliders Of Sliders Of Chicken Little Sliders Of Chicken

Apple Slices Seasoned Corn Side Nacho Cheese Doritos

Double Dog Hot Dogs Oh6
Chx & Veg Egg Roll Or
Southwestern Salad

Apple Slices Seasoned Corn Side Garden Salsa Sunchips

THURSDAY

Chicken Tenders & Corn
Or French Toast Or
OSouthwestern Salad

Plain Applesauce Tator Tots Straw-Banana Yogurt

> 100%Straw- Kiwi Juice Cucumber Slices

Chicken Tenders & 17
Wedges Or
Snack Pak or Turkey
Ham/Chs French Roll
Grapes
Refried Beans

Straw-Banana Yogurt

FRIDAY

Cheese Wedge Pizza Of
BQQ Chicken & Rice Or
Chicken Caesar Salad

Grapes Snap Peas & Tomato Rice Krispies Mini Bars **WEEKLY AVERAGE**

Calories 628
Fiber 6.6 g
Sodium 841mg
Total Fat 17.7g
Sat. Fat 5.3g

No School

11

Calories 614
Total Fat 415.6g
Sat. Fat 5.2 g
Fiber 6.8 g
Sodium 853mg

Cheese Pizza Or
Rotini Bolognese Or
V Yogurt Parfait

100% Strawberry Kiwi Juice Cucumber & Tomato Nacho Cheese Doritos Calories 650 Total Fat 17.7g Sat. Fat 5.2g Fiber 8.9g Sodium 1004 mg

Grilled Cheese Or Snack Pak

Cheese Wedge Pizza Or

Mixed Fruit Cup Annie's Grahams 100% Fruitables Chsburger Slider

Bean/Cheese Burrito

Chicken Caesar Salad

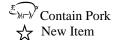
Cantaloupe Chunks Snap Peas & Tomato

Meal Price:

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

Menu Key:

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 Choice of Vegetable and Fruit

All Bread, Crackers, Chips, Grains are Whole Grain

* Side Dishes are Italicized: Students Can Choose Both



MONDAY Cheese Bites w/Marinala Or Mini Maple Pancake Beef & Chs Taco Stick or Snack Pack Plain Applesauce Vanilla Yogurt

Cheese Pizza Or 28 **Bean/Cheese Burrito Or Snack Pack**

> **Dried Cranberries** Vanilla Yogurt 100% Fruitable

TUESDAY

(V) or Caesar Salad

Refried Beans BugBites Cinn Grahams 100% Fruit Punch Juice

W Feisty Empanada Or ²⁹ Chsburger Sliders Or (V) Snack Pack

> **Mixed Fruit Cup** 100% Friuitable

WEDNESDAY

Chicken Corn Dog Or²² Beef Chimichangas Or³ (V) Fruit & Cheese Plate Or Turkey w/Mashed Potato

> **Apple Slices Cucumber Slices** Rice Krispies Mini Bar

(V) Mac & Cheese Or³⁰ Pepperoni Pizza Or (V) Garden Salad

> Pineapple Chunks Sugar Snap Peas

THURSDAY

No School

24

Thanksgiving Holiday

FRIDAY

25 No School

Thanksgiving Holiday

Calories 629 Total Fat 16.5g Sat. Fat 5.4g

WEEKLY AVERAGE

Fiber 7.7g Sodium 998 mg

Happy Birthday

Join us on Friday, 11/4 to Celebrate November Birthdays with a Special Treat for each student who participates in the Lunch Program on this date

Happy Thanksgiving



New 2016-2017 Meal Applications Available Now!!

Free and Reduced Price Meals!

National Peanut Butter Lovers Month

Whether you enjoy it classically with jelly or eclectically with pickles as the New York Times recently featured, there are countless ways to enjoy peanut butter during National Peanut Butter Lovers Month! In fact, during November, Americans will celebrate by eating more than 65 million pounds of peanut butter!

Fruit & Veggies for the Month of November

- Apples
- Kale
- **Broccoli Rabe**
- **Collard Greens**

Safe and Secure

We use the highest level of data encryption available, meaning that your that your information is always safe and guarded.

Private

Apply online in the comfort of your own home. The online service is available 24 hours a day, 7 days a week, anywhere there is an Internet connection.

Your data is transmitted to the Food Service Office the same day you apply, allowing for quicker processing so you receive benefits faster.

> Applications Available in English and Spanish Go Green and Complete Online at:

> > www.WCCUSD.net

Go to Headlines, Scroll down & Click on Applications for Free/Reduced Lunches Complete Application