




# WCCUSD November 2016 Elementary Lunch Menu

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


Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
	<p>No School</p> 	<p>Hot dog on Bun &amp; Corn <sup>3</sup> Or Bean/Cheese Burrito, Or ✓ Yogurt Parfait</p> <p><i>Pineapple Chunks Cucumber Slices Annie's Graham Friends</i></p>	<p>Chicken Tenders &amp; Corn <sup>3</sup> ✓ Or French Toast Or ✓ Southwestern Salad</p> <p><i>Plain Applesauce Tator Tots Straw-Banana Yogurt</i></p>	<p>✓ Cheese Wedge Pizza Or <sup>4</sup> BQQ Chicken &amp; Rice Or Chicken Caesar Salad</p> <p><i>Grapes Snap Peas &amp; Tomato Rice Krispies Mini Bars</i></p>	<p>Calories 628 Fiber 6.6 g Sodium 841mg Total Fat 17.7g Sat. Fat 5.3g</p>
<p>Cheese Bagel Pizza Or <sup>7</sup> Mini Choc French Toast Or Snack Pak</p> <p><i>Cinnamon Applesauce Vanilla Yogurt 100% Fruitables</i></p>	<p>Beef &amp; Cheese Taco Stick <sup>8</sup> Or Chix Corn Dog Or ✓ Caesar Salad</p> <p><i>Strawberry Fruit Cup Baby Carrots BugBites Cinn Graham</i></p>	<p>Chicken Little Sliders Or <sup>9</sup> Sloppy Joe Sandwich Or ✓ Vegetable Pack</p> <p><i>Apple Slices Seasoned Corn Side Nacho Cheese Doritos</i></p>	<p>Beef Chimichangas Or <sup>10</sup> ✓ Macaroni &amp; Cheese Or ✓ Yogurt Parfait</p> <p><i>100% Straw- Kiwi Juice Cucumber Slices</i></p>	<p>No School <sup>11</sup></p> 	<p>Calories 614 Total Fat 415.6g Sat. Fat 5.2 g Fiber 6.8 g Sodium 853mg</p>
<p>Cheese Wedge Pizza <sup>14</sup> Or Grilled Cheese Or Snack Pak</p> <p><i>Mixed Fruit Cup Annie's Grahams 100% Fruitables</i></p>	<p>Chsburger Slider <sup>15</sup> ✓ Bean/Cheese Burrito Chicken Caesar Salad</p> <p><i>Cantaloupe Chunks Snap Peas &amp; Tomato</i></p>	<p>Double Dog Hot Dogs Or <sup>16</sup> Chx &amp; Veg Egg Roll Or ✓ Southwestern Salad</p> <p><i>Apple Slices Seasoned Corn Side Garden Salsa Sunchips</i></p>	<p>Chicken Tenders &amp; <sup>17</sup> Wedges Or ✓ Snack Pak or Turkey Ham/Chs French Roll</p> <p><i>Grapes Refried Beans Straw-Banana Yogurt</i></p>	<p>✓ Cheese Pizza Or <sup>18</sup> Rotini Bolognese Or ✓ Yogurt Parfait</p> <p><i>100% Strawberry Kiwi Juice Cucumber &amp; Tomato Nacho Cheese Doritos</i></p>	<p>Calories 650 Total Fat 17.7g Sat. Fat 5.2g Fiber 8.9g Sodium 1004 mg</p>

### Meal Price:

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

### Menu Key:

 Meatless Option     
  Contain Pork  
 Contains Beef     
  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  
 Choice of Vegetable and Fruit  
 All Bread, Crackers, Chips, Grains are Whole Grain

\* Side Dishes are Italicized:

Students Can Choose Both



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
Cheese Bites w/Marinara Or Mini Maple Pancake or Snack Pack  <i>Plain Applesauce</i> <i>Vanilla Yogurt</i>	Chicken Corn Dog Or Beef & Chs Taco Stick or Caesar Salad  <i>Refried Beans</i> <i>BugBites Cinn Grahams</i> <i>100% Fruit Punch Juice</i>	Beef Chimichangas Or Fruit & Cheese Plate Or Turkey w/Mashed Potato  <i>Apple Slices</i> <i>Cucumber Slices</i> <i>Rice Krispies Mini Bar</i>	No School  Thanksgiving Holiday	No School  Thanksgiving Holiday	Calories 629 Total Fat 16.5g Sat. Fat 5.4g Fiber 7.7g Sodium 998 mg
Cheese Pizza Or Bean/Cheese Burrito Or Snack Pack  <i>Dried Cranberries</i> <i>Vanilla Yogurt</i> <i>100% Fruitable</i>	Feisty Empanada Or Chsburger Sliders Or Snack Pack  <i>Mixed Fruit Cup</i> <i>100% Friuitable</i>	Mac & Cheese Or Pepperoni Pizza Or Garden Salad  <i>Pineapple Chunks</i> <i>Sugar Snap Peas</i>	 Happy Thanksgiving		<u>Happy Birthday</u> 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

## 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



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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.
- **Fast**  
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](http://www.WCCUSD.net)

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