























WCCUSD February 2017 Elementary Lunch Menu

Visit us on the web at www.wccusd.net

Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
		<p>Beef & Cheese Chalupa¹ or  Beef & Cheese Taco Stick²</p> <p>⓪ Cheese Pizza or ⓪ Gripz Yogurt Parfait</p> <p><i>Lettuce and Tomato Kiwis & Oranges Rice Krispies Mini Bar</i></p>	<p>Beef & Cheese Taco Stick² or  Teriyaki Burger or  Chili w/ Corn Kernels or  Vegetable Pack³</p> <p>⓪ Garden Salad w/ Cheese</p> <p><i>Refried Beans Mixed Fruit Cup Garden Salsa Sunchips</i></p>	<p>Chicken Little Sliders³ Or Chili w/ Corn Kernels or  Vegetable Pack</p> <p>⓪ Baby Carrots Mandarins Cool Ranch Doritos</p>	<p>Calories 619 Total Fat 18.9g Sat. Fat 6.2g Fiber 8.6g Sodium 977 mg</p>
<p>Bagel w/ Cream Cheese⁶ ⓪ Or Cheese Pizza Or Snack Pack</p> <p><i>Strawberry Yogurt Apple Slices 100% Fruitables</i></p>	<p> Cheeseburger Slider⁷ or  Chicken Taco Salad or  Soybutter & Jelly Sand</p> <p>⓪ Mixed Fruit Cup Baby Carrots Nacho Cheese Doritos</p>	<p> Hot Dog on Bun & Corn⁸ or  Bean/Cheese Burrito ⓪ Grpiz Yogurt Parfait</p> <p><i>Mandarins Baby Carrots Annie's Graham Friends</i></p>	<p>Chicken Tenders & Corn⁹ ⓪ Or French Toast or ⓪ Fruit and Cheese Plate</p> <p><i>Straw-Banana Yogurt Plain Applesauce Tator Tots</i></p>	<p>⓪ Bean & Cheese Chalupa¹⁰ Or BBQ Chicken & Rice Or Chicken Caesar Salad</p> <p><i>Grapes Lettuce and Tomato Rice Krispies Mini Bar</i></p>	<p>Calories 649 Total Fat 19.0g Sat. Fat 5.5g Fiber 7.8g Sodium 818 mg</p>
<p>Mini Cheese Bagel Pizza¹² or  Mini Choc Chip French ⓪ Toast or Snack Pack</p> <p><i>Cinnamon Apple Sauce Vanilla Yogurt 100% Fruitables</i></p>	<p> Beef & Cheese Taco Stick¹⁴ or  Chicken Corn Dog or  Grilled Cheese</p> <p>⓪ Baby Carrots Scooby Doo Crackers 100% Straw-Kiwi Juice</p>	<p>Chicken Little Sliders¹⁵ or  BBQ Beef Twin Sandwich ⓪ Or Vegetable Pack</p> <p><i>Refried Beans Apple Slices Nacho Cheese Doritos</i></p>	<p> Beef Chimichangas or  Macaroni and Cheese¹⁶ ⓪ Or Gripz Yogurt Parfait</p> <p><i>Strawberry Fruit Cup Cucumber Slices Cheez-It Crackers</i></p>	<p> Pepperoni Pizza or  Chili Cheese Empanada¹⁷  Or Chef Salad</p> <p><i>Side Seasoned Corn Vanilla Yogurt Dried Cranberries</i></p>	<p>Calories 650 Total Fat 15.6g Sat. Fat 5.3g Fiber 8.0g Sodium 1004 mg</p>

Meal Price:

Full Price—2.25
Adult—\$3.50

Reduced—No charge
Milk ala Carte—\$0.50

Menu Key:

⓪ Meatless Option
⓪ Contains Beef



 Contain Pork
★ New Item



All Meals Served Daily With:







A Choice of 1% or Lactaid Milk
A Choice of 3 Entrees, (1 Entrée Always Vegetarian),
Choice of Vegetable and Fruit
All Bread, Crackers, Chips, Grains are Whole Grain

* Side Dishes are Italicized:

Students Can Choose Up To Three Sides



WCCUSD February 2017 Elementary Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
20 	21	22	23	24 	
PRESIDENT'S WEEK RECESS February 20, 2017 Thru February 24, 2017					
27 Cheese Pizza or Bean/Cheese Burrito or ✔ Snack Pack Strawberry Yogurt Mixed Fruit Cup 100% Fruitables	28 ✔ Cheeseburger Sliders or ✔ Grilled Cheese or Chicken Caesar Salad Mandarins Baby Carrots ★ Keebler Elf Cinn Grahams		Fruits & Veggies  		

Chicken Noodle Soup

Ingredients

1 whole chicken, 1 tsp. salt, water, to cover, 1 onion, chopped, 3 large carrots, sliced, 1 c. celery, sliced, 3/4 whole wheat egg noodles, uncooked.

Directions

1. In a large saucepan, place chicken and salt. Add enough water so the chicken is covered. Heat to boiling. Cover, reduce heat, and simmer about 45 minutes or until chicken is tender.
2. Remove chicken from broth and cool enough to handle. Remove skin and bones and chop the meat. Skim fat from broth.
3. Add additional water, if needed, to make 6 cups. Bring to a boil.
4. Add chicken, onion, carrots, celery and noodles to the broth. Cover, reduce heat and simmer for 20 minutes.



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2017-2018 Meal Applications Available

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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**
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Applications Available in English and Spanish

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