CCUSD February Elementar

Beef & Cheese Chalupa or Beef & Cheese Taco Stick

Visit us on the web at www.wccusd.net

Menu Subject to Change

MONDAY

TUESDAY

WEDNESDAY

(V) Cheese Pizza or

(V) Gripz Yogurt Parfait

Lettuce and Tomato

Kiwis & Oranges

Rice Krispies Mini Bar

THURSDAY

FRIDAY

WEEKLY AVERAGE

Calories 619

Total Fat 18.9g

Bagel w/ Cream Cheese

(V) Or Cheese Pizza **Or Snack Pack**

> Strawberry Yogurt Apple Slices 100% Fruitables

Cheeseburger Slider or Hot Dog on Bun & Corn **Chicken Taco Salad or** Soybutter & Jelly Sand

Mixed Fruit Cup Baby Carrots Nacho Cheese Doritos or Bean/Cheese Burrito (V) Grpiz Yogurt Parfait

> **Mandarins Baby Carrots** Annie's Graham Friends

√Garden Salad w/ Cheese **Refried Beans**

Mixed Fruit Cup Garden Salsa Sunchips

Chicken Tenders & Corn (V) Or French Toast or (V) Fruit and Cheese Plate

> Straw-Banana Yogurt Plain Applesauce **Tator Tots**

Beef Chimichangas or (V) Macaroni and Cheese Or Gripz Yogurt Parfait

> Strawberry Fruit Cup **Cucumber Slices** Cheez-It Crackers

Chicken Little Sliders Or Or Teriyaki Burger or Chili w/ Corn Kernels or **V** Vegetable Pack

> **Baby Carrots Mandarins Cool Ranch Doritos**

Sat. Fat 6.2g Fiber 8.6g Sodium 977 mg

Bean & Cheese Chalupa Or BBQ Chicken & Rice Or Chicken Caesar Salad

> Grapes **Lettuce and Tomato** Rice Krispies Mini Bar

Calories 649 Total Fat 19.0g Sat. Fat 5.5g Fiber 7.8g Sodium 818 mg

Pepperoni Pizza or (V) Chili Cheese Empanada Or Chef Salad

> Side Seasoned Corn Vanilla Yogurt **Dried Cranberries**

Calories 650 Total Fat 15.6g Sat. Fat 5.3g Fiber 8.0g Sodium 1004 mg

Mini Cheese Bagel Pi22a or Mini Choc Chip French **W**Toast or Snack Pack

Cinnamon Apple Sauce Vanilla Yogurt 100% Fruitables

Beef & Cheese Taco Stick (V) Grilled Cheese

Baby Carrots Scooby Doo Crackers 100% Straw-Kiwi Juice

Chicken Little Sliders or Or Chicken Corn Dog or BBBQ Beef Twin Sandwich (V) Or Vegetable Pack

> **Refried Beans Apple Slices Nacho Cheese Doritos**

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

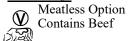
All Bread, Crackers, Chips, Grains are Whole Grain

Menu Key:

Meal Price:

Full Price—2.25

Adult—\$3.50





Reduced—No charge

Milk ala Carte—\$0.50

* 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



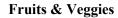
Cheese Pizza or 27
Bean/Cheese Burrito or

(V) Snack Pack

Strawberry Yogurt Mixed Fruit Cup 100% Fruitables Cheeseburger Sliders of Grilled Cheese or Chicken Caesar Salad

Mandarins Baby Carrots Keebler Elf Cinn Grahams









2017-2018 Meal Applications Available

Free and Reduced Price Meals!



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.



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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.

<u>Fast</u>

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

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.