


WCCUSD October 2016 Elementary Lunch Menu

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Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
3 (V) Cheese Pizza or Grilled Cheese or Snack Pack <i>Annie's Grahams</i> <i>Mixed Fruit Cup</i> <i>100% Fruitables</i>	4 (V) Cheeseburger Sliders or Bean/Cheese Burrito or Chicken Caesar Salad <i>Snap Peas & Tomato</i> <i>Mnt Quest Blend Fruit</i>	5 Double Dogs or Chx & Veggie Egg Roll or (V) Southwestern Salad <i>Salsa Sunchips</i> <i>Seasoned Corn</i> <i>Apple Slices</i>	6 (V) Chicken Tenders & Wedges or Green Chile Tamale or Beef Taco Salad <i>Straw-Banana Yogurt</i> <i>Grapes</i> <i>Cucumber & Tomato</i>	7 Pepperoni Pizza or Rotini Bolognese or (V) Yogurt Parfait <i>Rice Krispies Bar</i> <i>Baby Carrots</i> <i>100% Straw-Kiwi Juice</i>	Calories 639 Total Fat 16.9g Sat. Fat 5.0g Fiber 8.7g Sodium 903 mg
10 No School Today 	11 (V) Chicken Corn Dog or Beef & Cheese Taco Stick or Caesar Salad <i>Cinnamon Grahams</i> <i>Baby Carrots</i> <i>100% Fruit Punch Juice</i>	12 (V) Beef Chimichangas or Fruit and Cheese Plate or Veggie Taco Boat <i>Lettuce and Tomato</i> <i>Apple Slices</i>	13 (V) Cheese Corn Enchiladas or BBQ Beef Twin Sand or Chef Salad <i>Nacho Cheese Doritos</i> <i>Refried Beans & Cheese</i> <i>Melon Mix</i>	14 Ham & Cheese Hoagie or (V) Cheese Pizza or (V) Yogurt Parfait <i>Scooby Doo Crackers</i> <i>Seasoned Corn</i> <i>Strawberry Fruit Cup</i>	Calories 638 Total Fat 17.2g Sat. Fat 6.2g Fiber 8.7g Sodium 1036 mg
17 (V) Cheese Bites w/Marinara or Blueberry Pancakes Or Snack Pack <i>Vanilla Yogurt</i> <i>Tropical Twist Fruitables</i> <i>Plain Applesauce</i>	18 Pizzarito or (V) Cheese Pizza or (V) Snack Pack <i>Tropical Twist Fruitables</i> <i>Mixed Fruit Cup</i>	19 (V) Macaroni & Cheese or Hot Dog & Corn or (V) Garden Salad w/Cheese <i>Pineapple Chunks</i> <i>Sugar Snap Peas</i> <i>Cinn Belly Bears</i>	20 Turkey & 2 Cheese Sandwich or Teriyaki Chx w/Rice or Pasta Salad (V) <i>Pinto Southwest Salad</i> <i>Garden Salsa Sunchips</i> <i>Apple Slices</i>	21 (V) Chicken Tenders & Corn or Beef Taco Salad or Bagel w/Cream Cheese <i>100% Fruit Punch Juice</i> <i>Cucumber Slices</i> <i>Cool Ranch Doritos</i>	Calories 643 Total Fat 17.7g Sat. Fat 4.8g Fiber 7.6g Sodium 967 mg

Meal Price:

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

Menu Key:

(V) Meatless Option (P) 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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Grilled Cheese or ²⁴ Cheese Ravioli/Marinara or Snack Pack 100% Apple Juice Snap Peas & Tomato Sunflower Seeds	Chicken Corn Dog or ²⁵ Chicken Tamale or Caesar Salad Seasoned Corn Annie's Grahams Apple Slices	Beef Taco Boat or ²⁶ Cheese Pizza or Yogurt Parfait Primo Pineapple Fruit Lettuce and Tomato Cinnamon Grahams	Beef & Cheese Taco Stick ²⁷ or Teriyaki Burger or Spinach Salad Mixed Fruit Cup Cucumber Slices & Tomato Garden Salsa Sunchips	Chicken Little Sliders or ²⁸ Chili w/ Corn Kernels or Vegetable Pack Cantaloupe Chunks Baby Carrots Cool Ranch Doritos	Calories 615 Total Fat 18.3g Sat. Fat 5.8g Fiber 7.7g Sodium 916 mg
Bagel w/Cream Cheese ³¹ or Cheese Longboard Or Snack Pack Apple Slices 100% Fruitables Strawberry Yogurt	October 31st Carve a Pumpkin Day 	National Book Month 	Happy Birthday Join us on Friday, 10/7 to Celebrate October Birthdays with a Special Treat for each student who participates in the Lunch Program on this date		October 7th World Smile Day October 22nd Make a Difference Day

FALL LEAVES

We all know what fall is upon us when trees' green leaves begin to turn bright red, yellow, and orange, eventually falling to the ground. Getting to witness this shift is **one of life's simple pleasures**, but what actually causes the transformation? As the day's get shorter and colder, the tree begins to halt photosynthesis, a process the converts light, carbon dioxide, and water into sugar. This causes the leaves to die and fall off. Trees undergo this change to conserve resources and prepare for days with less light and colder temperatures.



National Apple Month



National Health
Education Week
10/17-10/21

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- **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.
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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

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