




WCCUSD September 2016 Elementary Lunch Menu

Visit us on the web at www.wccusd.net

Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
<p>Don't Forget Meatless Monday</p>			<p>Cheese Corn Enchilada ¹ &/Or BBQ Beef Sandwich Or Chef Salad Refried Beans w/Cheese <i>Fresh Plum</i> <i>Nacho Cheese Doritos</i></p>	<p>Ham & Cheese Hoagie ² Or Cheese Pizza Or Yogurt Parfait , Crackers <i>Strawberry Fruit Cup</i> <i>Seasoned Corn</i></p>	<p>Calories 650 Total Fat 18.0g Sat. Fat 6.1g Fiber 8.1g Sodium 1009 mg</p>
<p>Holiday Happy Labor Day!! </p>	<p>Pizzarrito Or Cheese ⁶ Wedge Pizza Or Snack Pack, Strawberry Yogurt <i>Fresh Peach</i> <i>100% Fruitable</i></p>	<p>Mac & Cheese Or Hot Dog ⁷ On Bun & Corn Or Garden Salad w/Chx, Cinn Bears <i>Snap Peas</i> <i>Fresh Plum</i></p>	<p>Turkey & 2 Cheese ⁸ Sandwich Or Teriyaki Chx w/Rice Or Pasta Salad, Pinto Southwest <i>Apple Slices</i> <i>Garden Salsa Chips</i></p>	<p>Chicken Tenders & Corn ⁹ Or Beef Taco Salad Or Bagel w/Cream Cheese Cucumber Slices <i>Cool Ranch Doritos</i> <i>100% Fruit Punch Juice</i></p>	<p>Calories 652 Total Fat 18.3g Sat. Fat 5.0g Fiber 7.8g Sodium 1032 mg</p>
<p>Grilled Cheese Or ¹² Chs Ravioli w/Marinara Or Snack Pack <i>Snap Peas & Tomatoes</i> <i>Honey Roasted Sunflower</i> <i>100% Apple Juice</i></p>	<p>Chicken Corn Dog Or ¹³ Chicken Tamale Or Caesar Salad , Annie's Graham's <i>Apple Slices</i> <i>Seasoned Corn</i></p>	<p>Beef Taco Boat &/Or ¹⁴ Cheese Pizza Or Yogurt Parfait, Cinn Graham's <i>Lettuce & Tomatoes</i> <i>Pineapple Fruit</i></p>	<p>Beef & Cheese Taco ¹⁵ Stick Or Teriyaki Burger Or Spinach Salad, <i>Salsa Garden Chips</i> <i>Cucumbers & Tomatoes</i> <i>Mixed Fruit Cups</i></p>	<p>Chicken Sliders &/Or ¹⁶ Chili with Corn Kernels Or Veggie Pack <i>Cantaloupe Chunks</i> <i>Baby Carrots, Doritos</i></p>	<p>Calories 615 Total Fat 18.3g Sat. Fat 5.8g Fiber 7.7g Sodium 916 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

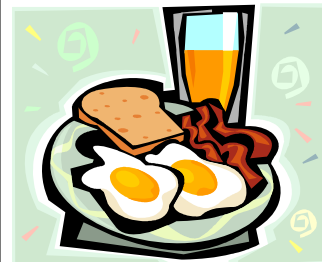


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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
Bagel w/Cream cheese ¹⁹ or Cheese Longboard or Snack Pack, Straw-Yogurt <i>Apple Slices</i> <i>100% Fruitables</i>	Chsburger Sliders or ²⁰ Soybutter & Jelly Snd or Beef Taco Salad, Baby Carrots, <i>Salsa Chips</i> <i>Mixed Fruit Cup</i>	Hot Dog & Corn or ²¹ Bean/Cheese Burrito or Yogurt Parfait, Crackers <i>Pineapple Chunks</i> <i>Cucumber Slices</i>	Chicken Tenders & Corn ²² or French Toast or Southwestern Salad, Straw-Yogurt <i>Tater Tots</i> <i>Plain Apple Sauce</i>	Cheese Wedge Pizza ²³ or BBQ Chx & Rice or Or Chicken Caesar Salad Rice Krispies Bar <i>Grapes</i> <i>Snap Peas & Tomato</i>	Calories 649 Total Fat 19.2g Sat. Fat 5.4g Fiber 7.8g Sodium 841 mg
Cheese Bagel Pizza or ²⁶ French Toast or Snack Pack, Yogurt <i>100% Fruitables</i> <i>Cinnamon Applesauce</i>	Beef & Cheese Taco Stick ²⁷ or Chix Corn Dog or Caesar Salad, Crackers <i>Strawberry Fruit Cup</i> <i>Baby Carrots</i>	Chicken Sliders or ²⁸ Sloppy Joe Sandwich or Veggie Pack, Doritos <i>Seasoned Corn</i> <i>Apple Slices</i>	Beef Chimichangas or ²⁹ Mac & Cheese or Yogurt Parfait, Crackers <i>100% Straw-Kiwi Juice</i> <i>Cucumber Slices</i>	Pepperoni Pizza or ³⁰ Veggie Taco Boat or Chef Salad, Rice Krispies <i>Lettuce & Tomato</i> <i>Wild River Blend Fruit</i>	Calories 631 Total Fat 16.1g Sat. Fat 5.2g Fiber 6.8g Sodium 908 mg

All American Better Breakfast Month-

An official holiday-recognized by a number of school districts to promote the importance of breakfast. While we have no verifiable information about the origins of this holiday, it should be noted that breakfast has been scientifically proven to improve the academic performance of students...thus, a month dedicated to the morning meal is particularly well-suited to the back-to-school September time frame.



Whole Grain Month



Childhood Obesity Awareness Month

New 2016-2017 Meal Applications Available Now!!

Free and Reduced Price Meals!

- **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.
- **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

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