



WCCUSD October 2015 Elementary Breakfast Menu

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Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
<p><i>Don't Forget Meatless Mondays</i></p>		<p>Apple Month</p> 	<p>Assorted Cereals &/or Assorted Breakfast Bars Mini Strawberry Bagels</p> <p>100% Orange Juice Sliced Apples</p>	<p>Assorted Cereals &/or Assorted Breakfast Bars Mini Maple Waffles</p> <p>100% Fruit Punch Kiwi & Oranges</p>	<p>Calories 456 Total Fat 7.1g Sat. Fat 2.3g Sodium 423 mg</p>
<p>Assorted Cereals &/or Assorted Breakfast Bars Mini Blueberry Pancake</p> <p>100% Mixed Berry Juice Plain Applesauce</p>	<p>Assorted Cereals &/or Assorted Breakfast Bars Egg/Cheese Sandwich</p> <p>100% Straw/Kiwi Juice Mixed Fruit Cup</p>	<p>Assorted Cereals &/or Assorted Breakfast Bars Breakfast Sausage Pizza Mozzarella String Cheese</p> <p>100% Apple Juice Banana</p>	<p>Assorted Cereals &/or Assorted Breakfast Bars WG Coffee Cake</p> <p>100% Orange Juice Sliced Apples</p>	<p>Assorted Cereals &/or Assorted Breakfast Bars Omelet & Biscuit</p> <p>100% Fruit Punch Peach Fruit Cup</p>	<p>Calories 479 Total Fat 9.3g Sat. Fat 2.9g Sodium 522 mg</p>
<p>No School Today</p>	<p>Assorted Cereals &/or Assorted Breakfast Bar Yogurt Parfait Pack</p> <p>100% Straw/Kiwi Juice Wild Blend Fruit</p>	<p>Assorted Cereals &/or Assorted Breakfast Bars Pancake/Sausage/Stick</p> <p>100% Apple Juice Sliced Apples</p>	<p>Assorted Cereals &/or Assorted Breakfast Bars Mini Strawberry Bagels</p> <p>100% Orange Juice Kiwi & Oranges</p>	<p>Assorted Cereals &/or Assorted Breakfast Bars Grilled Cheese</p> <p>100% Fruit Punch Peach Fruit Cup</p>	<p>Calories 482 Total Fat 8.5g Sat. Fat 3.3g Sodium 529 mg</p>

Meal Price:

Full Price—1.50 Reduced—No charge
Adult—\$2.50 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 and Assorted 100% Juice and Fresh Fruit

Assorted Cereals Include:

Whole Grain Reduced Sugar Cinnamon Chex
Whole Grain Reduced Cinnamon Toast Crunch
Whole Grain Reduced Sugar Froot Loops
Whole Grain Honey Nut Cherrios

Assorted Breakfast Bars Include:

Whole Grain with real Fruit
Nutrigrain Bars-Apple, Blueberry and Strawberry



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Assorted Cereals &/or ¹⁹ Assorted Breakfast Bars WG Coffee Cake 100% Mixed Berry Juice Plain Applesauce	Assorted Cereals &/or ²⁰ Assorted Breakfast Bars Choco Chip French Toast 100% Fruit Punch Plain Applesauce	Assorted Cereals &/or ²¹ Assorted Breakfast Bars Breakfast Sausage Pizza Mozzarella String Cheese 100% Apple Juice Banana	Assorted Cereals &/or ²² Assorted Breakfast Bars Green Chili Quesadilla 100% Orange Juice Sliced Apples	Assorted Cereals &/or ²³ Assorted Breakfast Bars Egg/Cheese Sandwich 100% Fruit Punch Peach Fruit Cup	Calories 494 Total Fat 9.6g Sat. Fat 3.2g Sodium 509 mg
Assorted Cereals &/or ²⁶ Assorted Breakfast Bars Mini Cinnis 100% Apple Juice Apple Slices	Assorted Cereals &/or ²⁷ Assorted Breakfast Bars Bagel & Cream Cheese 100% Straw/Kiwi Juice Pineapple Snack	Assorted Cereals &/or ²⁸ Assorted Breakfast Bars Egg/Cheese Bacon Burrito 100% Apple Juice Fresh Apple	Assorted Cereals &/or ²⁹ Assorted Breakfast Bars Cinnamon Roll 100% Orange Juice Banana	Assorted Cereals &/or ³⁰ Assorted Breakfast Bars Sausage Sandwich Mixed Berry Crackers 100% Fruit Punch Grapes	Calories 500 Total Fat 8.6g Sat. Fat 3.1g Sodium 494 mg

Health Education Week October 18—October 24

School Nutrition Association (SNA) - Mission: SNA is the national organization of school nutrition professionals committed to advancing quality of school meal programs through education and advocacy.

- Parents can encourage students to try the variety of fruits and vegetables available with school meals by offering more variety at home
- Teachers can incorporate lessons on healthy eating into practical learning in the classroom, from studying the geographic origins of fruits and vegetables to using nutrition labels to calculate per package total of sugar or sodium in popular snacks
- Students can participate in the menu development process through taste tests & student advocacy committee
- Administrators can support efforts to improve lunch period scheduling to ensure students have adequate time to eat

Happy Healthy Halloween!

Vegetarian Awareness Month

You will be helping others to be informed about the benefits of vegetarianism. You will be helping to create a better world because vegetarian diets have proven health benefits, save animals' lives and help to preserve the earth.

Celebrate International Walk to School Day on October 7!

