CCUSD January Elementary Lui

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Menu Subject to Change

MONDAY

TUESDAY

WEDNESDAY

Chicken Little Sliders⁴

THURSDAY

WEEKLY AVERAGE FRIDAY

Beef & Cheese Taco Stick or Chix Corn Dog or BBQ Beef Twin Sandwich **No School Today Grilled Cheese**

> Scooby Doo Cracker **Baby Carrots**

100% Staw- Kiwi Juice

(V) Vegetable Pack Nacho Cheese Doritos **Refried Beans**

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

> **Baby Carrots** Cheez-It Crackers Strawberry Fruit Cup

Pepperoni Wedge Pizza⁶ (V) Chili Cheese Empanada Or Chef Salad

Seasoned Corn Side Vanilla Yogurt Apple Slices

Calories 639 Total Fat 16.2g Sat. Fat 5.7g Fiber 8.2g Sodium 1090 mg

(V) Cheese Wedge Pizza of (V) Grilled Cheese or (V) Snack Pak

> Annie's Graham Friends Mixed Fruit Cup 100% Fruitables

Cheeseburger Slider or (V) Bean/Cheese Burrito or **Chicken Caesar Salad**

> **Mandarins Baby Carrots**

Kahuna Double Dog or-Chicken & Veg Egg Roll or Southwestern Salad

Apple Slices

Apple Slices Seasoned Corn Garden Salsa Sunchips

12 Chicken Tenders & Wedge (V) Snack Pak turkey Ham /Chs Sandwich **Refried Beans** Strwa-Banana Yoaurt Grapes

(V) Cheese Pizza or 13 Rotini Bolognese or (V) Gripz Yogurt Parfait

Baby Carrots Nacho Cheese Doritos 100% Straw-Kiwi Juice

Calories 650 Total Fat 17.7g Sat. Fat 5.2g Fiber 8.9g Sodium 1004mg

No School Today

16

Martin Luther King's Day

Chix Corn Dog or (V) or Caesar Salad

Baby Carrots BugBites Cinn Graham 100% Fruit Punch

Beef Chimichangas or Beef & Cheese Taco Stick Bean & Cheese Chalupa (V) Fruit and Cheese Plate

> **Lettuce and Tomato** Apple Slices

Cheese Corn Enchiladas 19 **BBQ Beef Twin Sandwich** Or Chef Salad

Refried Beans w/cheese Nacho Cheese Doritos **Mandarins**

Ham & Cheese Hoagie (V) Or Cheese Pizza or (V) Gripz Yogurt Parfait

> Seasoned Corn Side Scooby Doo Cracker Strawberry Fruit Cup

Calories 632 Total Fat 17.2g Sat. Fat 6.5g Fiber 8.0g Sodium 996 mg

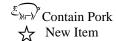
Meal Price:

Full Price—2.25 Adult—\$3.50

Reduced—No charge Milk ala Carte—\$0.50

Menu Kev:

Meatless Option Contains Beef



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 Both



WCCUSD January 2017 Elementary Lunch Menu

MONDAY

Cheese Pizza or 23

Bean/Cheese Burrito

Or Snack Pak

Vanilla Yogurt Dried Cranberries 100% Fruitables

Grilled Cheese or Chili Cheese Empanada

Or Snack Pack

Baby Carrots 100% Apple Juice

TUESDAY

Feisty Empanada or Cheeseburger Slider

Or Snack Pak

100% Fruitable Mixed Fruit Cup

Chix Corn Dog or Chicken Tamale or Chicken Salad

Seasoned Corn Side
Apple Slices
Frozen Cinn Grahams

WEDNESDAY

Macaroni and Cheese or
Pepperoni Pizza or
W Garden Salad w/Cheese

Baby Carrots Mandarins

THURSDAY

Turkey & 2 Cheese 26
Wedge Sandwich or
Teriyaki Chicken w/Rice

Or Caesar Salad
Southwest Salad Side
Garden Salsa Sunchips
Apple Slices

FRIDAY

Chicken Tender & Conff
Fruit and Cheese Plate
Bagel w/Cream cheese

Baby Carrots Cool Ranch Doritos 100% Punch Juice

WEEKLY AVERAGE

Calories 629
Total Fat 17.1g
Sat. Fat 5.3g
Fiber 7.8g
Sodium 911mg

Fruits & Veggies





Calories Total Fat g Sat. Fat g Fiber g Sodium mg

NATIONAL SOUP MONTH

Carrot and Apple Soup Ingredients:

- 1 Tbsp. canola oil
- 1 medium onion, chopped
- 1 medium leek, white part only, rinsed well and chopped
- 1 pound carrots. Peeled and cut
- 1 tart apple, peeled, cored, chopped
- 3 cups fat-free, reduced-sodium chicken broth
- Salt and freshly ground black pepper
- 3 Tbsp. minced fresh mint leaves



In Season...

Bananas, Grapefruit, Lemons, Mushrooms, Onions and Leeks, Oranges, Pears, Potatoes, Sweet Potatoes and Yams, Turnips, Winter Squash

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