




# WCCUSD January 2017 Elementary Lunch Menu

Visit us on the web at [www.wccusd.net](http://www.wccusd.net)



Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
<p><b>No School Today</b></p>	<p><sup>2</sup>  Beef &amp; Cheese Taco Stick or Chix Corn Dog or Grilled Cheese</p> <p><i>Scooby Doo Cracker</i> <i>Baby Carrots</i> <i>100% Staw- Kiwi Juice</i></p>	<p><sup>4</sup> Chicken Little Sliders <sup>3</sup>  BBQ Beef Twin Sandwich ✓ <i>Vegetable Pack</i></p> <p><i>Nacho Cheese Doritos</i> <i>Refried Beans</i> <i>Apple Slices</i></p>	<p><sup>5</sup>  Beef Chimichangas ✓ Macaroni and Cheese ✓ Gripz Yogurt Parfait</p> <p><i>Baby Carrots</i> <i>Cheez-It Crackers</i> <i>Strawberry Fruit Cup</i></p>	<p><sup>6</sup> Pepperoni Wedge Pizza ✓ Chili Cheese Empanada Or Chef Salad</p> <p><i>Seasoned Corn Side</i> <i>Vanilla Yogurt</i> <i>Apple Slices</i></p>	<p>Calories 639 Total Fat 16.2g Sat. Fat 5.7g Fiber 8.2g Sodium 1090 mg</p>
<p>✓ Cheese Wedge Pizza or <sup>9</sup> Grilled Cheese or ✓ Snack Pak</p> <p><i>Annie's Graham Friends</i> <i>Mixed Fruit Cup</i> <i>100% Fruitables</i></p>	<p><sup>10</sup> Cheeseburger Slider or ✓ Bean/Cheese Burrito or Chicken Caesar Salad</p> <p><i>Mandarins</i> <i>Baby Carrots</i></p>	<p><sup>11</sup> Kahuna Double Dog or Chicken &amp; Veg Egg Roll or Southwestern Salad</p> <p>✓ <i>Apple Slices</i> <i>Seasoned Corn</i> <i>Garden Salsa Sunchips</i></p>	<p><sup>12</sup> Chicken Tenders &amp; Wedge ✓ Snack Pak Turkey Ham /Chs Sandwich <i>Refried Beans</i> <i>Strwa-Banana Yogurt</i> <i>Grapes</i></p>	<p>✓ Cheese Pizza or <sup>13</sup> Rotini Bolognese or ✓ Gripz Yogurt Parfait</p> <p><i>Baby Carrots</i> <i>Nacho Cheese Doritos</i> <i>100% Straw-Kiwi Juice</i></p>	<p>Calories 650 Total Fat 17.7g Sat. Fat 5.2g Fiber 8.9g Sodium 1004mg</p>
<p><sup>16</sup> <b>No School Today</b></p> <p><i>Martin Luther King's Day</i></p>	<p><sup>17</sup> Chix Corn Dog or Beef &amp; Cheese Taco Stick ✓ or Caesar Salad</p> <p><i>Baby Carrots</i> <i>BugBites Cinn Graham</i> <i>100% Fruit Punch</i></p>	<p><sup>18</sup> Beef Chimichangas or ✓ Bean &amp; Cheese Chalupa ✓ Fruit and Cheese Plate</p> <p><i>Lettuce and Tomato</i> <i>Apple Slices</i></p>	<p>✓ <sup>19</sup> Cheese Corn Enchiladas BBQ Beef Twin Sandwich Or Chef Salad</p> <p><i>Refried Beans w/cheese</i> <i>Nacho Cheese Doritos</i> <i>Mandarins</i></p>	<p><sup>20</sup> Ham &amp; Cheese Hoagie ✓ Or Cheese Pizza or ✓ Gripz Yogurt Parfait</p> <p><i>Seasoned Corn Side</i> <i>Scooby Doo Cracker</i> <i>Strawberry Fruit Cup</i></p>	<p>Calories 632 Total Fat 17.2g Sat. Fat 6.5g Fiber 8.0g Sodium 996 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,  
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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
(V) Cheese Pizza or 23 Bean/Cheese Burrito (V) Or Snack Pak  <i>Vanilla Yogurt                      Dried Cranberries                      100% Fruitables</i>	(V) Feisty Empanada or <sup>24</sup> Cheeseburger Slider (V) Or Snack Pak  <i>100% Fruitable                      Mixed Fruit Cup</i>	(V) Macaroni and Cheese <sup>25</sup> Or Pepperoni Pizza or (V) Garden Salad w/Cheese  <i>Baby Carrots                      Mandarins</i>	Turkey & 2 Cheese <sup>26</sup> Wedge Sandwich or Teriyaki Chicken w/Rice (V) Or Caesar Salad Southwest Salad Side Garden Salsa Sunchips Apple Slices	Chicken Tender & Cor <sup>27</sup> Fruit and Cheese Plate (V) Bagel w/Cream cheese  <i>Baby Carrots                      Cool Ranch Doritos                      100% Punch Juice</i>	Calories 629 Total Fat 17.1g Sat. Fat 5.3g Fiber 7.8g Sodium 911mg
(V) Grilled Cheese or <sup>30</sup> Chili Cheese Empanada (V) Or Snack Pak  <i>Baby Carrots                      100% Apple Juice</i>	Chix Corn Dog or <sup>31</sup> Chicken Tamale or (V) Caesar Salad  <i>Seasoned Corn Side                      Apple Slices                      Frozen Cinn Grahams</i>		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

## 2016-2017 Meal Applications Available

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](http://www.WCCUSD.net)

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