





# WCCUSD February 2016 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
1  Bagel & Cream Cheese or Cheese Bites & Marinara or Snack Pack  <i>Sunflower Seeds Snap Peas &amp; Tomatoes Grapes</i>	2 Chick/Cheese/Rice Burrito or Grilled Cheese or Beef Taco Salad  <i>Refried Beans &amp; Cheese Mixed Fruit Cup</i>	3 Chicken Corn Dog or Rotini Bolognese or Rockin'ola Yogurt Parfait  <i>Tomato &amp; Lettuce 100% Straw/Kiwi Juice</i>	4  Cheese Burger Sliders or French Toast & Chicken Sausage or Fruit & Cheese Pack  <i>Tator Tots Banana</i>	5 French Bread Cheese Pizza or Teriyaki Chicken & Rice or Chicken Caesar Salad  <i>Celery Sticks Apple Slices</i>	Calories 613 Total Fat 19.1g Sat. Fat 6.1g Fiber 9.7g Sodium 939 mg
8  Veggie Egg Roll & Rice or Chow Mein or Snack Pack  <i>Fortune Cookie Mandarins 100% Fruitables</i>	9 Beef & Cheese Taco Stick or Spicy Baja Roll or Caesar Salad  <i>Celery Sticks Mixed Fruit Cup</i>	10 Kahuna Hot Dog or Sloppy Joe Sandwich or Rockin'ola Yogurt Parfait  <i>Salsa Sunchips Seasoned Corn Banana</i>	11  Cheese Burger Sliders or Chicken Tenders & Tots or Garden Salad  <i>Snap Peas &amp; Tomatoes 100% Straw/Kiwi Juice</i>	12 French Bread Cheese Pizza or Beef Taco Boat or Rockin'ola Yogurt Parfait  <i>Tomato &amp; Lettuce Grapes Rice Krispie Treat</i>	Calories 611 Total Fat 16.7g Sat. Fat 5.8g Fiber 8.6g Sodium 944 mg

**Don't Forget  
Meatless  
Mondays**

**President's Week Recess  
February 15 to 19**



**Super Bow | 50, 2/7**





**Happy Birthday**  
Join us on Friday, 1/12 to Celebrate February & March Birthdays with a Special Treat for each student who participates in the Lunch Program on this date

*American  
Heart  
Month*

**Meal Price:**

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

**Menu Key:**

 Meatless Option  
 Contains Beef  
 WG Wholgrain  
 Contain Pork  
 New Item



**All Meals Served Daily With:**

A Choice of 1% or Lactaid Milk  
 A Choice of 3 Entrees, 1 Entrée Always Vegetarian,  
 1/2 Cup of Baby Carrots  
 Choice of Vegetable and Fruit  
 All Bread, Crackers, Chips, Grains are Whole

**Grain**

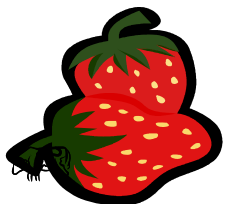


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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
French Bread Cheese Pizza <sup>22</sup> or Grilled Cheese or Snack Pack  <i>Mixed Fruit Cup</i> <i>100% Fruitables</i>	Cheese Burger Sliders or <sup>23</sup> Spicy Baja Roll or Chicken Caesar Salad  <i>Celery Sticks</i> <i>Mandarins</i>	Kahuna Hot Dog or <sup>24</sup> Pizzarrito or Garden Salad  <i>Salsa Sunchips</i> <i>Seasoned Corn</i> <i>Apple Slices</i>	Chicken Tenders & Tots <sup>25</sup> Chicken & Veggie Egg Roll or Southwestern Salad  <i>Straw/Banana Yogurt</i> <i>Snap Peas &amp; Tomatoes</i> <i>100% Straw/Kiwi Juice</i>	WG Pepperoni Pizza or <sup>26</sup> Beef & Bean Sope or Rockin'ola Yogurt Parfait  <i>Tomato &amp; Lettuce</i> <i>Grapes</i>	Calories 600 Total Fat 16.8g Sat. Fat 5.7g Fiber 8.8g Sodium 977 mg
Chessy Pull Aparts or <sup>29</sup> Bean & Cheese Burrito or Snack Pack  <i>Tajin Corn Nuggets</i> <i>Celery Sticks</i> <i>Apple Slices</i>	<h2>Black History Month</h2>			 <p><i>Martin Luther King, Jr.</i></p>	Calories 600 Total Fat 16.1g Sat. Fat 5.7g Fiber 10.2g Sodium 958 mg

Instead of chowing down on artery-clogging foods this Valentine's Day, be good to your heart and try a healthful treat or two instead. Looking for inspiration? Try these delicious dipped strawberries!

- 1 lb fresh strawberries (12-15)
- 1 cup light cream cheese
- 2 tablespoons each: pistachios, almonds, dried pineapple, dried cranberries, chopped chocolate chips



*Children's Dental Health Month*

1. Wash strawberries under cold, running water. Pat dry and set aside.
2. Place cream cheese in a small, microwave-safe glass bowl. Cover and microwave until cheese is soft and warm, about 30 seconds. Stir well.
3. Place chopped pistachios in a small bowl or ramekin. Repeat with other dipping ingredients.
4. Dip strawberries in cream cheese, then into one of the chopped options. Place dipped strawberries on a small plate, then refrigerate to firm up the cream cheese.
5. Serve chilled.



SWEET POTATOES

- The American Institute for Cancer Research has a "big three list" to help reduce diabetes, heart disease, and cancer (another big three):
- 1) Eat a healthful, plant-based diet.
- 2) Maintain a healthy weight.
- 3) Set aside at least 30 minutes per day for some kind of exercise.

Did you know?

- Sweet potatoes are very high in **Vitamin A**.
- Sweet potatoes are the most **nutritious** of all vegetables.

Happy Valentines Day 2/14

