

WCCUSD April 2016

Elementary Lunch Menu

Visit us on the web at www.wccusd.net

Menu Subject to Change

All Meals Served with 1% or Lactaid Milk

MONDAY	TUESDAY	WEDNESDAY	THURS-	FRIDAY	WEEKLY AVERAGE
<p>Meatless Mondays</p>	<p><i>TV -Turn Off Week</i> <i>April 24-30</i></p>	<p><u>Happy Birthday</u> Join us on Friday, 4/1 to Celebrate April & May Birthdays with a Special Treat for each student who participates in the Lunch Program on this date</p>	 <p><i>Arbor Day</i> <i>April 29</i></p>	<p>✓ French Bread Cheese Pizza⁴ Chicken & Bean Sope Rockin'ola Yogurt Parfait</p> <p>Rice Krispie Treats Lettuce & Tomato Cup Grapes</p>	<p>Calories 642 Total Fat 17.1g Sat. Fat 6.6g Fiber 10.1g Sodium 1062 mg</p>
<p>Spring Break No⁷ School⁸</p>					
<p><i>Drink Water</i></p>	<p><i>Eat Right</i></p>	<p><i>Exercises</i></p>	<p><i>Get Plenty Of Sleep</i></p>	<p><i>Read -School Library Month</i></p>	<p><i>Recycle</i></p>
<p>✓ French Bread Cheese Pizza¹¹ or Grilled Cheese or Snack Pack</p> <p>Mixed Fruit Cup 100% Fruitables</p>	<p>✓  Cheese Burger Sliders¹² or Cheese Ravioli/Marinara or Chicken Caesar Salad</p> <p>Peach Fruit Cup Celery Sticks</p>	<p>Kahuna Hot Dogs or¹³ Chicken & Veggie Egg Roll ✓ or Southwestern Salad</p> <p>Garden Salsa Sunchips Seasoned Corn Apple Slices</p>	<p>Chicken Tenders & Tot¹⁴ or Bean & Cheese Burrito or Beef Taco</p> <p>Straw/Banana Yogurt Snap Peas & Tomatoes Banana</p>	<p>WG Pepperoni Pizza¹⁵ Turkey & Potatoes or Rockin'ola Yogurt Parfait</p> <p>Jungle Crackers Lettuce & Tomato 100% Straw/Kiwi Juice</p>	<p>Calories 608 Total Fat 16.2g Sat. Fat 5.1g Fiber 9.0g Sodium 949 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

WG Wholegrain

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
Cheesy Pull Aparts or 18 Macaroni & Cheese or Sports Crackers <i>Celery Sticks Tajin Corn Nuggets Apple Slices</i>	Chicken Corn Dog or Beef & Cheese Taco or Caesar Salad Refried Beans & Cheese 100% White Grape Juice	Bean & Cheese Chalupa or Chicken/Cheese Burrito or Farmers Market Salad Choco Bear Crackers Lettuce & Tomato Banana	Cheese Enchilada/Rice or BBQ Beef Sandwich or Chef Salad Seasoned Corn Apple Slices	Sloppy Joe Sandwich or Cheese Flatbread or Rockin'ola Yogurt Parfait Snap Peas & Tomatoes Graham Crackers Peach Fruit Cup	Calories 616 Total Fat 17.1g Sat. Fat 5.9g Fiber 10.0g Sodium 945 mg
Pizza Empanada or Tamale & Rice or Snack Pack Apple Slices 100% Fruitables	Hot Dog & Tator Tots or Cheese Wedge Pizza or Chicken Caesar Salad Seasoned Corn Strawberry Fruit Cup	Rotini Bolognese or Mini Maple Pancakes or Garden Salad Straw/Banana Yogurt Celery Sticks Plain Applesauce	Pizzarrito or Chicken Teriyaki & Rice or Fruit & Cheese Plate Lettuce & Tomato Sports Crackers Banana	Chicken Tenders & Tots or French Bread Cheese Pizza or Beef Taco Salad Refried Beans Peach Fruit Cup	Calories 635 Total Fat 17.8g Sat. Fat 5.7g Fiber 9.5g Sodium 1049 mg

Wellness Message:

Eat a variety of nutrient-rich foods: You need more than 40 different nutrients for good health, and no single food supplies them all. Your daily food selection should include bread and other whole-grain products; fruits; vegetables; dairy products; and meat.



Spring
Into
Salad

Eat the Rainbow!

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Carrots are in the yellow/orange color group. Yellow/orange fruits and vegetables help maintain a healthy heart, vision and immune system. Examples include carrots, yellow and orange bell peppers, corn, yellow summer squash, oranges, grape-fruit, peaches, nectarines and cantaloupe.

California Thursdays

Participates in the program understand the value of offering appealing school meals that support student health academic achievement, contribute to local economies, protect the environment, and help kids learn where their food comes from. To serve healthy, freshly prepared school meals made from California-grown fruits and vegetables.

