

WCCUSD May 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 | THURSDAY | FRIDAY | WEEKLY AVERAGE |
|--|--|--|---|---|--|
| 2 ✓ Chesy Pull Aparts or Cheese Ravioli/Marinara or Snack Pack <i>Snap Peas & Tomatoes</i> <i>100% Apple Juice</i> | 3 Chicken Corn Dog or Chicken Tamale & Rice or ✓ Caesar Salad <i>Vanilla Dots</i> <i>Seasoned Corn</i> <i>Apple Slices</i> | 4 Beef & Cheese Chalupa or ✓ WG Cheese Pizza or Rockin'ola Yogurt Parfait <i>Lettuce & Tomato</i> <i>Banana</i> | 5 Beef & Cheese Taco or Grilled Cheese or Chef Salad <i>Refried Beans</i> <i>Apple Slices</i> | 6 Chicken Little Sliders or Italian Hoagie or ✓ Veggie Pack <i>Cool Ranch Chips</i> <i>Celery Sticks</i> <i>Strawberry Fruit Cup</i> | Calories 606 Total Fat 17.3g Sat. Fat 6.1g Fiber 9.9g Sodium 1047 mg |
| 9 ✓ Sliced Bagel & Cream Cheese or Cheese Bites & Marinara or Snack Pack <i>Sunflower Seeds</i> <i>Apple Slices</i> <i>100% Fruitables</i> | 10 Chicken Cheese Burrito or Soybutter & Jelly Sandwich or Beef Taco Salad <i>Choco Bear Crackers</i> <i>Refried Beans & Cheese</i> <i>Mixed Fruit Cup</i> | 11 Chicken Corn Dog or Rotini Bolognese or Rockin'ola Yogurt Parfait <i>Lettuce & Tomato</i> <i>Banana</i> | 12 ✓ Cheese Burger Sliders or French Toast & Chicken or Fruit & Cheese Pack <i>Tator tots</i> <i>Plain Applesauce</i> | 13 French Bread Cheese Pizza or BBQ Chicken & Rice or Chicken Caesar Salad <i>Celery Sticks</i> <i>Apple Slices</i> | Calories 651 Total Fat 20.5g Sat. Fat 6.2g Fiber 10.6g Sodium 843 mg |
| 16 ✓ Mini Cheese Bagel Pizza or Bean & Chees Burrito or Snack Pack <i>Cinnamon Applesauce</i> <i>100% Fruitables</i> | 17 Bean & Cheese Taco or Teriyaki Burger or ✓ Caesar Salad <i>Graham Crackers</i> <i>Celery Sticks</i> <i>Mixed Fruit Cup</i> | 18 Kahuna Hot Dogs or Sloppy Joe Sandwich or Veggie Pack <i>Garden Salsa Sunchips</i> <i>Seasoned Corn</i> <i>Banana</i> | 19 ✓ Beef Chimichangas or Chicken Tenders & Tots or Rockin'ola Yogurt Parfait <i>Snap Peas & Tomatoes</i> <i>100% Straw/Kiwi Juice</i> | 20 French Bread Cheese Pizza or Bean & Cheese Chalupa or Chef Salad <i>Lettuce & Tomato</i> <i>Apple Slices</i> | Calories 621 Total Fat 17.9g Sat. Fat 6.0g Fiber 9.1g Sodium 931 mg |

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,

1/4 Cup of Baby Carrots





Choice of Vegetable and Fruit

All Bread, Crackers, Chips, Grains are Whole

Grain



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|---|---|--|--|---|--|
| 23 Bagel & Cream Cheese or Grilled Cheese or Snack Pack <i>Sunflower Seeds</i> <i>Snap Peas & Tomatoes</i> <i>Mixed Fruit Cup</i> | 24 Cheese Burger Sliders or Cheese Bits & Marinara or Chicken Caesar Salad <i>Celery Sticks</i> <i>Fresh Plums</i> | 25 Kahuna Hot Dogs or Pizzarita or Garden Salad <i>Salsa Sunchips</i> <i>Seasoned Corn</i> <i>Apple Slices</i> | 26 Chicken Corn Dog or Chicken & Veggie Egg Roll or Southwestern Salad <i>Straw/Banana Yogurt</i> <i>Fresh Strawberries</i> <i>100% Fruitables</i> | 27 WG Pepperoni Pizza or Bean & Cheese Chalupa or Rockin'ola Yogurt Parfait Cheez-It Crackers Lettuce & Tomato <i>100% Straw/Kiwi Juice</i> | Calories 606 Total Fat 18.9g Sat. Fat 5.3 g Fiber 8.6g Sodium 904 mg |
| 30  <i>Holiday/No School</i> | 31 Chicken/Rice Burrito or Beef & Cheese Taco or Snack Pack <i>Apple Slices</i> <i>100% Fruitables</i> |  May 8th | There is no substitute for a great teacher!  Teacher Appreciation Week | May is National Fitness And Sports Month  | Calories 581 Total Fat 18.3g Sat. Fat 6.8 g Fiber 7.4g Sodium 738 mg |

School Nutrition Employee Week

May 9-13, 2016 has been designated School Nutrition Employee Appreciation Week. This resolution recognizes this week in the district in honor of and appreciation to our school nutrition personnel.

Teacher Appreciation Week 5/2-5/6

In Season...

Apricots, Bananas, Broccoli, Cabbage, Green Beans, Honeydew Melon, Lettuce, Mangos, Mushrooms, Onions and Leeks, Peas, Pineapple, Rhubarb, Spinach, Strawberries



Child Nutrition Employee Appreciation 5/1-5/7

Join us for our Summer Feeding Program! Monday-Friday, June 9th–August 19th



National Stroke Awareness Month

High blood pressure is a leading risk factor for stroke. Yet nearly 60 million people in the U.S. have high blood pressure and almost a third don't know they have it! Learn tips for controlling this risk factor at www.stroke.org/risk.