


WCCUSD November 2015 Elementary Lunch Menu

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Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
2 (V) Grilled Cheese or Cheese Bites & Marina Sauce or Snack Pack (V) <i>Primo Pineapple</i> 100% Fruitables	3 No School Today	4 (V) Chicken Corn Dog or Bean & Cheese Burrito or Rockin'ola Yogurt Parfait (V) <i>Refried Beans & Cheese</i> 100% Straw/Kiwi Juice	5 (V) Cheese Burger Sliders or Chicken Patty & Bun or Garden Salad (V) <i>Cool Ranch Chips</i> Celery Sticks Banana	6 (V) Pepperoni Pizza Wedge or Rotini Bolognese or Caesar Salad (V) <i>Tomato & Lettuce</i> Apple Slices	Calories 621 Total Fat 16.6g Sat. Fat 5.8g Fiber 9.3g Sodium 946 mg
9 (V) Macaroni & Cheese or Cheese Omelet & Tots or Snack Pack (V) Mixed Berry Crackers Grapes 100% Fruitables	10 (V) Chicken Tender & Tots or Sunflower Butter/Jelly Sandwich or Chef Salad (V) Straw/Banana Yogurt Celery Sticks Apples Slices	11 Holiday Veterans Day 	12 (V) Mini Pizza Burger or Tuna & Crackers or Veggie Pack Lettuce & Pickle Salsa Sunchips 100% Straw/Kiwi Juice	13 (V) Chicken/Cheese/Rice Burrito or Beef & Cheese Taco Stick or Caesar Salad (V) Refried Beans/Cheese Burrito, Peach Fruit Cup	Calories 663 Total Fat 20.4g Sat. Fat 6.4g Fiber 8.9g Sodium 1067 mg
16 (V) Cheese Wedge Pizza or Green Chili Tamale or Snack Pack (V) <i>Wild Blend Fruit</i> 100% Fruitables	17 (V) Chicken Tenders & Tots or Spicy Baja Roll or Spinach Salad (V) <i>Celery Sticks</i> Mixed Fruit Cup	18 (V) Kahuna Hot Dog or Sloppy Joe Sandwich or Rockin'ola Yogurt Parfait (V) Corn, Salsa Sunchips Banana	19 (V) Cheese Burger Sliders or Chicken/Veggie Egg Roll or Hummus w/Pita (V) Snap Peas & Tomatoes 100% Straw/Kiwi Juice	20 (V) Turkey Pepperoni Pizza or Beef Taco Boat or Caesar Salad (V) Tomato & Lettuce Grapes	Calories 630 Total Fat 19.2g Sat. Fat 5.6g Fiber 9.2g Sodium 918mg

Meal Price:

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

Menu Key:

(V) Meatless Option (P) Contain Pork
 (B) 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

* Side Dishes are Italicized: Students Can Choose Both



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23 (V) Meatless Rotini or Grilled Cheese or or Snack Pak Celery Sticks Grapes	24 (V) Chicken Corn Dog or Beef & cheese Taco or Caesar Salad Raspberry Yogurt Refried Beans & Cheese Apple Slices	25 Chicken Tenders & Corn or Chicken/Cheese Burrito (V) Garden Salad Rice Krispie Treats Peach Fruit Cup 100% Fruitables	Happy Thanksgiving No School Nov. 26th-27th Enjoy your holiday weekend! From The Nutrition Services	Calories 651 Total Fat 17.4g Sat. Fat 6.4g Fiber 9.6g Sodium 947 mg	
30 (V) Spring Baja Roll or Bean & Cheese Burrito or Snack Pak Mountain Blend Fruit 100% Fruitables	 American Education Week 11-16-11-20	 National Young Readers Month— Go to the Library and check out a book that is interesting to you. Read with your brother or sister or read to someone.	Happy Birthday Join us on Wednesday, 11/25th to celebrate August & November Birthdays with Krispie Treats to each student who participate in the Lunch Program today.	Calories 693 Total Fat 15.2g Sat. Fat 4.3g Fiber 11.4g Sodium 940 mg	

Produce Poetry

Thanksgiving comes in the month of November
 It gives us all some time to remember
 All the things we are thankful for
 like Broccoli, Cucumbers, Apples, Potatoes,
 Berries and more!

Getting Cookin with your kids!
 When kids help cook food, they are more likely to eat it.
 Younger kids can tear lettuce for salads and rinse fruit
 and vegetables, or break broccoli into smaller parts.
 Older kids can learn to chop and cook.



Family Week 11/15-21/15

Random Acts of Kindness Week
 November 1-7

APPLE GLAZED

Sweet Potatoes

Ingredients:

(Makes 4 servings at 1/2 cup each)

2 1/2 cups unsweetened 100%

apple juice

1/2 teaspoon cinnamon

1/4 teaspoon salt

2 sweet potatoes, peeled and thinly sliced

1. Combine apple juice, cinnamon and salt in a large skillet.
2. Add sliced sweet potatoes and bring to a boil over high heat.
3. Reduce heat slightly and simmer.
4. Stir occasionally for 20-25 minutes or until potatoes are tender and juice has been reduced to a glaze.
5. Serve warm.



Sweet potatoes

Healthy Serving Ideas

- Instead of potato chips, peel and slice raw sweet potatoes and serve with a fat free dip for a healthy snack.
- Dip strips of sweet potatoes in egg substitute and bake on a lightly oiled pan at 425 F for 25-30 minutes to make sweet potato fries.
- Make sliced sweet potatoes with apples and cinnamon for a hot dessert.