


WCCUSD October 2017 Elementary Breakfast 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 (V) Cinnamon Toast Crunch w/ZBAR Organic Oatmeal or Mini Maple Pancakes (V) <i>Fresh Plum</i> 100% Apple Juice	(V) Honey Nut Cheerios 3 w/Annie's Grahams or Yogurt & Granola Cup with Strawberry (V) <i>Fresh Nectarine</i> 100% Orange Tangerine Juice	4 (V) Cinnamon Toast Crunch w/Mozzarella String Cheese or (V) Choc Chip Banana Loaf <i>Banana</i> 100% Apple Juice	5 (V) Honey Nut Cheerios w/Annie's Grahams or Breakfast Turkey Sausage Pizza <i>Fresh Nectarine</i> 100% Orange Tangerine Juice	6 (V) Cinnamon Toast Crunch w/Go-Big Strawberry Yogurt or Mini Cinnis (V) <i>Fresh Plum</i> 100% Apple Juice	Calories 473 Total Fat 8.1g Sat. Fat 2.5g Fiber 4.2g Sodium 460mg
9 	(V) Honey Nut Cheerios 10 w/Annie's Grahams or Cheese Stuffed Pizza Pocket <i>Fresh Nectarine</i> 100% Orange Tangerine Juice	11 (V) Cinnamon Toast Crunch w/Mozzarella String Cheese or Banana Bread (V) <i>Fresh Peach</i> 100% Apple Juice	(V) Honey Nut Cheerios 12 w/Annie's Grahams or French Bread Cheese (V) Pizza <i>Fresh Plum</i> 100% Orange Tangerine Juice	Cinnamon Toast Crunch 13 (V) w/Go-Big Strawberry Yogurt (V) or Mini Blueberry Pancakes <i>Fresh Strawberries</i> 100% Apple Juice	Calories 461 Total Fat 10.1g Sat. Fat 3.3g Fiber 4.1g Sodium 504mg
(V) Cinnamon Toast Crunch 16 w/ZBAR Organic Oatmeal or Great Earth (V) Cinnamon Roll <i>Fresh Plum</i> 100% Apple Juice	(V) Honey Nut Cheerios 17 w/Annie's Grahams or Breakfast Turkey Sausage Pizza <i>Fresh Nectarine</i> 100% Orange Tangerine Juice	18 (V) Cinnamon Toast Crunch w/Mozzarella String Chs or Triple Berry Blast (V) French Toast <i>Banana</i> 100% Apple Juice	(V) Honey Nut Cheerios 19 w/Annie's Grahams or Breakfast Sausage Sandwich <i>Grapes</i> 100% Orange Tangerine Juice	(V) Cinnamon Toast Crunch 20 w/Go-Big Strawberry Yogurt or Mini Bagel Cinnamon (V) Creamy Cheese <i>Fresh Plum</i> 100% Apple Juice	Calories 477 Total Fat 8.6g Sat. Fat 2.6g Fiber 4.3g Sodium 464mg

Meal Price:
 Full Price—\$1.50 Reduced—No charge
 Adult— \$2.50 Milk ala Carte—\$0.50

Menu Key:
 (V) Meatless Option 🐷 Contains Pork
 🐄 Contains Beef ☆ New Item

All Meals Served Daily With: Choice of 1% or Lactaid Milk
 Choice of Fruit or 100% Fruit Juice
 All Bread and Grains are Whole Grain

* Side Dishes are Italicized: Students Can Choose Both Sides



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
23 (V) Cinnamon Toast Crunch w/ZBAR Organic Oatmeal (V) or Cinnamon Waffle Stix Fresh Plum 100% Apple Juice	24 (V) Honey Nut Cheerios w/Annie's Grahams (V) or Maple Pancake Wrap Fresh Nectarine 100% Orange Tangerine Juice	25 (V) Cinnamon Toast Crunch w/Mozzarella String Cheese (V) or Apple Cinn Bear Paw Banana 100% Apple Juice	26 (V) Honey Nut Cheerios w/Annie's Grahams (V) or Grilled Cheese Fresh Peach 100% Orange Tangerine Juice	27 (V) Cinnamon Toast Crunch w/Go-Big Strawberry Yogurt (V) or Mini Strawberry Bagel Fresh Plum 100% Apple Juice	Calories 462 Total Fat 8.4g Sat. Fat 2.8g Fiber 4.1g Sodium 473mg
30 (V) Cinnamon Toast Crunch w/ZBAR Organic Oatmeal (V) or Mini Maple Pancakes Fresh Plum 100% Apple Juice	31 (V) Honey Nut Cheerios w/Annie's Grahams or Yogurt & Granola Cup (V) w/Strawberry Fresh Nectarine 100% Orange Tangerine Juice	<p>SWEET-TART CHART</p> <p>The chart shows a spectrum from Sweet (red apples) to Tart (green apples). Varieties include Fuji, Envy, Gala, Jazz, Opal, Red Delicious, Pink Lady, Granny Smith, Kiku, Honeycrisp, Ambrosia, Sweetie, Golden Delicious, and McIntosh.</p>			

Apple Month

Fun Facts:

Apples are rich in potassium, vitamin C, carbohydrates, fiber and antioxidants. Apples come in red, yellow and green. Apples grow on trees and it takes four to five months for it to be ready to pick. Apples are members of the rose family. Apple trees can live up to 100 years old. It takes 36 apples to make one gallon of apple cider.

Homemade Apple Cider:

Ingredients: 6 apples, 8 cups of water, 1 cinnamon stick, 1 tablespoon vanilla extract and 1/3 cup of sugar.

Directions: Peel and remove seeds from the apples. Cut the apples into eighths. Put all ingredients into a large pot. Let it boil over high heat for 30 minutes without the lid. Stir in between to loosen up the apples. Then let it simmer over low heat for 2 hours. Stir in between to loosen up the apples. Let it cool down, strain it and it is ready to drink.



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