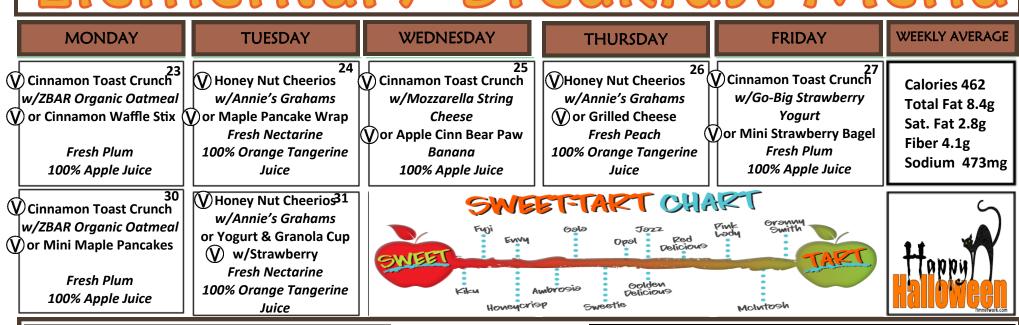
WCCUSD October 2017 Elementary Breakfast Menu

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 Cinnamon Toast Crunch <i>w/ZBAR Organic Oatmeal</i> or Mini Maple Pancakes <i>Fresh Plum</i> 100% Apple Juice	W Honey Nut Cheerios 3 w/Annie's Grahams or Yogurt & Granola Cup with Strawberry W Fresh Nectarine 100% Orange Tangerine Juice	4 V Cinnamon Toast Crunch <i>w/Mozzarella String</i> <i>Cheese or</i> V Choc Chip Banana Loaf <i>Banana</i> 100% Apple Juice	W Honey Nut Cheerios 5 <i>w/Annie's Grahams</i> 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 Fresh Plum 100% Apple Juice	Calories 473 Total Fat 8.1g Sat. Fat 2.5g Fiber 4.2g Sodium 460mg
9 School	W Honey Nut Cheerios 10 w/Annie's Grahams or Cheese Stuffed Pizza Pocket Fresh Nectarine 100% Orange Tangerine Juice	11 W Cinnamon Toast Crunch <i>w/Mozzarella String</i> <i>Cheese</i> or Banana Bread W <i>Fresh Peach</i> 100% Apple Juice	WHoney Nut Cheerios12 w/Annie's Grahams or French Bread Cheese W Pizza Fresh Plum 100% Orange Tangerine Juice	Cinnamon Toast Crunch 13 W/Go-Big Strawberry Yogurt Or Mini Blueberry Pancakes Fresh Strawberries 100% Apple Juice	Calories 461 Total Fat 10.1g Sat. Fat 3.3g Fiber 4.1g Sodium 504mg
Cinnamon Toast Crunch ¹⁶ w/ZBAR Organic Oatmeal or Great Earth Cinnamon Roll Fresh Plum 100% Apple Juice	W Honey Nut Cheerios 17 w/Annie's Grahams or Breakfast Turkey Sausage Pizza Fresh Nectarine 100% Orange Tangerine Juice	V Cinnamon Toast Crunch	Honey Nut Cheerios 19 w/Annie's Grahams w or Breakfast Sausage Sandwich Grapes 100% Orange Tangerine Juice	<pre>✓ Tinnamon Toast Crunch20 w/Go-Big Strawberry Yogurt or Mini Bagel Cinnamon ∅ Creamy Cheese Fresh Plum 100% Apple Juice</pre>	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: Image: Contains Pork Image: Contains Beef Image: Contains Beef 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					

CUSD October 2



Apple Month

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Fun Facts:

Apples are rich in potassium, vitamin C, carbohydrates, fiber and antioxidants. Apples com in red, yellow and green. Apples grow on trees and it takes four to five months for it 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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