

# WCCUSD October 2017 Elementary Lunch Menu

Visit us on the web at [www.wccusd.net](http://www.wccusd.net)

Menu subject to change

All Meals Served with 1% or Lactaid Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
<p>2</p> <p>                     (V) Grilled Cheese or                      (V) French Toast or                      (V) Garden Salad  <i>Mango Peach Applesauce</i>  <i>Baby Carrots</i>  <i>100% Paradise Punch Juice</i>  <i>Danimals Vanilla Yogurt</i> </p>	<p>3</p> <p>                     Mini Teriyaki Chicken                      or Chicken Caesar Salad                      or Cheese Bites w/Marinara  <i>Grapes</i>  <i>Snap Peas &amp; Tomatoes</i>  <i>Cheez-It Crackers</i> </p>	<p>4</p> <p>                     Chicken Tenders &amp; Corn                      or Hot Dog on Bun &amp; Corn                      or Fruit &amp; Cheese Plate  <i>Fresh Peach</i>  <i>Lettuce and Tomato</i>  <i>Go-Big Strawberry Yogurt</i> </p>	<p>5</p> <p>                     (V) French Bread Cheese Pizza                      or Chicken Caesar Salad                      (V) or Veggie Taco Boat  <i>Fresh Plum</i>  <i>Jicama w/Tajin</i>  <i>Annie's Grahams</i> </p>	<p>6</p> <p>                     Chicken Tamale                      or Beef Taco Salad                      or Bagel w/Cream Cheese  <i>Fresh Strawberries</i>  <i>100% Paradise Punch Juice</i>  <i>Grandma's Choc Chip Cookie</i> </p>	<p>Calories 621 Total Fat 17.7g Sat. Fat 5.3g Fiber 8.3g Sodium 884mg</p>
<p>9</p> <p>  </p>	<p>10</p> <p>                     Chicken Corn Dog or                      Ham &amp; Cheese Wdg Snd                      or Yogurt &amp; Granola Cup                      w/Peach  <i>Grapes</i>  <i>Celery &amp; Cherry Tomato</i>  <i>Cool Ranch Doritos</i> </p>	<p>11</p> <p>                     Beef Taco Boat or                      BBQ Beef Twin Sandwich or                      Stacked Tuna Salad Snd  <i>Banana</i>  <i>Lettuce and Tomato</i>  <i>Keebler Elf Cinn Graham</i> </p>	<p>12</p> <p>                     Beef &amp; Cheese Taco Stick                      or Fruit &amp; Cheese Plate                      or Garden Salad  <i>Fresh Nectarine</i>  <i>Jicama w/Tajin</i>  <i>Chocolate Chip Cookie</i> </p>	<p>13</p> <p>                     Chicken Little Sliders or                      Spaghetti w/Meat Balls                      or Caesar Salad  <i>Fresh Plum</i>  <i>Seasoned Corn Side</i>  <i>Ranch Corn Nuggets</i> </p>	<p>Calories 657 Total Fat 18.6g Sat. Fat 6.2g Fiber 9.2g Sodium 1011mg</p>
<p>16</p> <p>                     (V) Cheese Wedge Pizza Slice                      or Cheese Corn Enchiladas                      or Yogurt &amp; Granola Cup                      w/Strawberry  <i>Fresh Peach</i>  <i>100% Paradise Punch</i>  <i>Annie's Grahams</i> </p>	<p>17</p> <p>                     Cheeseburger Slider                      or Caesar Salad                      or Grilled Cheese  <i>Fresh Plum</i>  <i>Seasoned Corn Side</i>  <i>100% Fruit Punch Juice</i> </p>	<p>18</p> <p>                     Kahuna Double Dog                      or Mac &amp; Cheese                      or Fruit &amp; Cheese Plate  <i>Grapes</i>  <i>Snap Peas &amp; Tomatoes</i>  <i>Garden Salsa Sunchips</i> </p>	<p>19</p> <p>                     Beef Chimichangas                      or Chicken Caesar Salad                      or Veggie Taco Boat  <i>Fresh Nectarine</i>  <i>Lettuce and Tomato</i> </p>	<p>20</p> <p>                     Chicken Tenders &amp; Corn                      or Beef Taco Salad                      or Bean &amp; Cheese Burrito  <i>Fresh Strawberries</i>  <i>Baby Carrots</i>  <i>100% Paradise Punch</i>  <i>Grandma's Choc Chip Cookie</i> </p>	<p>Calories 618 Total Fat 17.4g Sat. Fat 5.9g Fiber 8.5g Sodium 910mg</p>

**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  
Choice of Fruit or 100% Fruit Juice  
All Bread/Grains are Whole Grain

**\* Side Dishes are Italicized:** Students Can Choose All Sides



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
23 (V) Triple Berry Blast French Toast or (V) Spaghetti w/Marinara (V) or Caesar Salad Fresh Peach Celery & Cherry Tomato Go –Big Strawberry Yogurt	24 Chicken Corn Dog or (V) All American Hamburger or Yogurt & Granola Cup (V) w/Peach Banana Jicama w/Tajin Garden Salsa Sunchips	25 (V) Beef & Cheese Taco Stick or Fruit & Cheese Plate (V) or Mini Cheese Bagel Pizza Grapes Refried Beans Scooby Doo Grahams	26 (V) Bagel w/Cream Cheese or BBQ Beef Twin Sandwich (V) or CA Garden Salad Fresh Plum Lettuce and Tomato Chocolate Chip Cookie	27 Turkey & Cheese Wdg Snd or Chicken Caesar Salad or (V) Veggie Twin Burger Fresh Nectarine Baby Carrots 100% Paradise Punch Juice Garden Salsa Sunchips	Calories 649 Total Fat 17.3g Sat. Fat 5.6g Fiber 11.0g Sodium 926mg
30 (V) Grilled Cheese (V) or French Toast (V) or Garden Salad Mango Peach Applesauce Baby Carrots 100% Paradise Punch Juice Danimals Vanilla Yogurt	31 Mini Teriyaki Chicken or Chicken Caesar Salad or (V) Cheese Bites w/Marinara Grapes Snap Peas & Tomatoes Cheez-It Crackers				

## Popcorn Popping Month

Popcorn was discovered in America. Popcorn is a seed and it is whole grain. It is low in fat and calories; gluten free and non-GMO. There are four types of corn, dent, flint, sweet and popcorn, but only one can pop and that is popcorn. Popcorn can pop up to three feet in the air.



The Popcorn Board

### NUTRITIONAL INFORMATION

180 CALORIES IN 3 TBSPS OF KERNELS + 120 CALORIES\* IN 1 TBSP OF CANOLA OIL

35 CALORIES IN 1 CUP OF OIL-POPPED POPCORN

210 CALORIES IN 6 CUPS OF POPCORN

2 SERVINGS OF GRAINS | 7 GRAMS OF FIBER

\*Some oil remains in the popcorn

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