



WCCUSD April 2017 Elementary Lunch Menu

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Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
3	4	5	6	7	
	SPRING RECESS (NO SCHOOL) APRIL 3 THRU APRIL 7, 2017 CLASSES RESUME APRIL 10, 2017				
10 (V) Chili Cheese Empanada (V) Or Mini Choc French Toast <i>Strawberry Yogurt</i> <i>Sour Apple Applesauce</i> 100% Fruitables	11 (V) Beef & Cheese Taco Stick (V) Or Veggie Twin Burger or Chicken Caesar Salad <i>Apple Slices</i> <i>Baby Carrots</i> Scooby Doo Crackers	12 Chx/Chs Rice Burrito or BBQ Beef Twin Sandwich (V) Or Yogurt Parfait <i>Banana</i> <i>Seasoned Corn Side</i> Garden Salsa Sunchips	13 (V) Beans-n-Franks or (V) Cheese Wedge Pizza or (V) Caesar Salad <i>Snap Peas & Tomato</i> <i>Grapes</i> Dinner Roll	14 Chicken Tamale or Chicken Corn Dog or (V) Fruit & Cheese Plate <i>Straw-Banana Yogurt</i> <i>Mandarin</i> Baby Carrots	Calories 651 Total Fat 17.6g Sat. Fat 5.9g Fiber 8.5g Sodium 900 mg
17 (V) Cheese Wedge Pizza or (V) Rotini w/ Marinara or (V) Snack Pack <i>Mixed Fruit Cup</i> <i>Strawberry Yogurt</i> 100% Fruitables	18 (V) Cheeseburger Sliders or (V) Grilled Cheese or Chicken Caesar Salad <i>Seasoned Corn Side</i> <i>Mandarin</i> 100% Fruit Punch Juice	19 Kahuna Double Dog or BBQ Chicken On Bun or (V) Southwestern Salad <i>Apple Slices</i> <i>Baby Carrots</i> Garden Salsa Sunchips	20 Chicken Tenders & Corn (V) or Caesar Salad or (V) Bean/Cheese Burrito <i>Fresh Strawberries</i> <i>Gobonzos Pizza Flavor</i> 100% Straw-Kiwi Juice	21 (V) Beef Chimichangas or (V) Mac and Cheese or (V) Garden Salad <i>Celery w/Tajin</i> <i>BugBites Cinn Graham</i> 100% Straw-Kiwi Juice	Calories 646 Total Fat 18.1g Sat. Fat 5.9g Fiber 7.7g Sodium 1002 mg

Meal Price:

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

Menu Key:

(V) Meatless Option
 (B) Contains Beef
 (P) Contain Pork
 ☆ New Item

All Meals Served Daily With:

A Choice of 1% or Lactaid Milk
 A Choice of 3 Entrees, (1 Entrée Always Vegetarian),
 Choice of Vegetable and Fruit
 All Bread, Crackers, Chips, Grains are Whole Grain

* Side Dishes are Italicized:

Students Can Choose Up To Three Sides



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34 ✓ Veggie Twin Burger ✓ Veggie Chili w/Corn ✓ Or Snack Pack <i>Nacho Cheese Doritos</i> <i>Mixed Fruit Cup</i> <i>100% Fruitable</i>	25 Chicken Corn Dog or All American Hamburger ✓ Or Caesar Salad <i>Mandarin</i> <i>Straw-Banana Yogurt</i> <i>Seasoned Corn Side</i>	26 Beef & Cheese Taco Stick ✓ Or Fruit & Cheese Plate or ✓ Veggie Taco Boat <i>Lettuce & Tomato</i> <i>Apple Slices</i> <i>100% Straw-Kiwi Juice</i>	27 ✓ Cheese Corn Enchiladas or ✓ BBQ Beef Twin Sandwich Or Chicken Caesar Salad <i>Banana</i> <i>Baby Carrots</i> <i>100% White Grape Juice</i>	28 Ham & Cheese Hoagie Or ✓ Cheese Pizza ✓ Yogurt & Granola Cup <i>Strawberry Fruit Cup</i> <i>100% Fruitables</i>	Calories 639 Total Fat 16.6g Sat. Fat 6.1g Fiber 8.1g Sodium 924 mg



When You Garden, You Grow!

Every April communities, organizations, and individuals nationwide celebrate gardening during National Garden Month. Gardeners know, and research confirms, that nurturing plants is good for us: attitudes toward health and nutrition improve, kids perform better at school, and community spirit grows. Join the celebration and help to make America a greener, healthier, more livable place!



Chef Solus Vegetable Group Word search Puzzle!

B	K	T	O	M	A	T	O	S	P
A	P	J	R	O	K	L	F	Z	J
C	G	C	N	N	Q	G	K	X	I
A	Z	I	O	F	E	H	R	P	B
R	E	O	P	P	M	V	L	E	H
R	V	E	G	G	I	E	E	P	E
O	D	P	M	F	J	T	N	P	A
T	T	R	Z	W	S	T	M	E	L
S	K	F	I	B	E	R	L	R	T
Q	N	L	I	J	S	H	V	T	H
Y	L	I	W	X	N	E	M	Z	O



BEETS
TOMATO
PEPPER
CARROT
HEALTH
FIBER
VEGGIE

Vegetable Group

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