

WCCUSD November 2017 Elementary Lunch Menu

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Menu subject to change





All Meals Served with 1% or Lactaid Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
 <p> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 </p>					<p> Calories 617 Total Fat 18.0g Sat. Fat 5.3g Fiber 8.2g Sodium 916mg </p>
<p> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 </p>	<p> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 </p>	<p> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 </p>	<p> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 </p>	<p> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 </p>	<p> Calories 654 Total Fat 18.2g Sat. Fat 6.7g Fiber 8.8g Sodium 981mg </p>
<p> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 </p>	<p> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 </p>	<p> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 </p>	<p> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 </p>	<p> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 </p>	<p> Calories 642 Total Fat 18.5g Sat. Fat 6.1g Fiber 8.6g Sodium 920mg </p>

Meal Price:

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

Menu Key:


 Meatless Option
  Contain Pork
 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

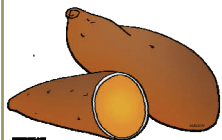


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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
20 (V) Mini Maple Waffles w/Syrup (V) Spaghetti w/o Meat (V) or Caesar Salad <i>Plain Applesauce</i> <i>Snap Peas & Tomatoes</i> <i>Go-Big Strawberry Yogurt</i>	21 (V) Chicken Corn Dog or (V) All American Hamburger or Yogurt & Granola Cup (V) w/Peach <i>Banana</i> <i>Jicama w/Tajin</i> <i>Garden Salsa Sunchips</i>	22 (V) Turkey w/Mash Potatoes (V) or Fruit & Cheese Plate (V) or Mini Cheese Bagel Pizza <i>Mango Peach Applesauce</i> <i>Gobonzos-It's Pizza</i> <i>Holiday Star Cookie</i>	23 THANKSGIVING <i>Autumn</i> BREAK	24 	Calories 604 Total Fat 15.4g Sat. Fat 5.2g Fiber 8.1g Sodium 897mg
27 (V) Grilled Cheese (V) or French Toast (V) or Cheez-It Snack Pak <i>Mango Peach Applesauce</i> <i>Baby Carrots</i> <i>100% Paradise Punch Juice</i> <i>Danimals Vanilla Yogurt</i>	28 (V) Mini Teriyaki Chicken or Chicken Caesar Salad or (V) Cheese Pizza in Box <i>Grapes</i> <i>Snap Peas & Tomatoes</i> <i>Cheez-It Crackers</i>	29 (V) Chicken Tenders & Corn (V) or Bagel w/Cream Cheese (V) or Fruit & Cheese Plate <i>Banana</i> <i>Wedge Potato</i> <i>Bug Bites Cinnamon</i> <i>Graham</i>	30 (V) Pepperoni Wedge Pizza or Chicken Caesar Salad (V) or Veggie Taco Boat <i>Mandarins</i> <i>Jicama w/Tajin</i> <i>Annie's Grahams</i>	Calories 643 Total Fat 18.6g Sat. Fat 5.0g Fiber 7.9g Sodium 871mg	

In Season...

Apples, Bananas, Beets, Broccoli, Brussels Sprouts, Carrots, Cauliflower, Cranberries, Garlic, Ginger, Grapes, Mushrooms, Parsnips, Pears, Pineapple, Pumpkins, Sweet Potatoes, Yams, and Winter Squash



- ◇ Sweet potatoes grow on trailing vines that cover the ground
- ◇ They are a member of the morning glory family
- ◇ A good source of vitamin E, fiber and potassium



- ◆ Parsnips are a root vegetable that is related to the carrot, celery, and parsley
- ◆ They have a creamy-white skin and green leafy top
- ◆ A good source of vitamin C, fiber and potassium

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