

October 2018

Elementary Breakfast Menu

Visit us on the web at www.wccusd.net

Menu subject to change

All Meals Served with 1% or Lactaid Milk

MEATLESS MONDAY

TUESDAY

WEDNESDAY

CALIFORNIA THURSDAYS™

FRIDAY

WEEKLY AVERAGE

1
 (V) Assorted Cereal or
 (V) Bagel w/Cream Cheese
Strawberry Nutrigrain
Fresh Fruit
100% Apple Juice

2
 (V) Assorted Cereal or
 Maple Sausage Breakfast Sandwich
Cheddar Cheese Cubes
Fresh Fruit
100% Orange Tangerine Juice

3
 (V) Assorted Cereal or
 (V) Apple Cinn Bear Paw
French Toast Goldfish
Grahams
Plain Applesauce
100% Apple Juice

4
 (V) Assorted Cereal or
 (V) French Toast & Sausage
Mozzarella String Cheese
Fresh Fruit
100% Orange Tangerine Juice

5
 (V) Assorted Cereal or
 (V) Crescent Grape
Danimals Vanilla Yogurt
Fresh Fruit
100% Apple Juice

Calories 481
 Total Fat 8.3 g
 Sat. Fat 2.8 g
 Fiber 5.1 g
 Sodium 479 mg

6
 (V) Assorted Cereal or
 (V) Cheese Stuffed Pizza Pocket
Strawberry Nutrigrain
Fresh Fruit
100% Apple Juice

9
 (V) Assorted Cereal or
 (V) Cinnamon Roll
Cheddar Cheese Cubes
Fresh Fruit
100% Orange Tangerine Juice

10
 (V) Assorted Cereal or
 Turkey Ham on Hawaiian Bun
French Toast Goldfish
Grahams
Mixed Fruit Cup
100% Apple Juice

11
 (V) Assorted Cereal or
 (V) Choc. Chip Muffin Top
Mozzarella String Cheese
Fresh Fruit
100% Orange Tangerine Juice

12
 (V) Assorted Cereal or
 Beef & Cheese Sunrise Stick
Danimals Vanilla Yogurt
Fresh Fruit
100% Apple Juice

Calories 485
 Total Fat 8.9 g
 Sat. Fat 3.4 g
 Fiber 5.1 g
 Sodium 487 mg

15
 (V) Assorted Cereal or
 (V) Strawberry Bear Paw ☆
Strawberry Nutrigrain
Fresh Fruit
100% Apple Juice

16
 (V) Assorted Cereal or
 Turkey Sausage Breakfast Pizza
Cheddar Cheese Cubes
Fresh Fruit
100% Orange Tangerine Juice

17
 (V) Assorted Cereal or
 (V) Banana Bread
French Toast Goldfish
Grahams
Strawberry Fruit Cup
100% Apple Juice

18
 (V) Assorted Cereal or
 (V) Mini Maple Pancakes
Mozzarella String Cheese
Fresh Fruit
100% Orange Tangerine Juice

19
 (V) Assorted Cereal or
 (V) Baked Cinnamon Roll
Danimals Vanilla Yogurt
Fresh Fruit
100% Apple Juice

Calories 494
 Total Fat 8.9 g
 Sat. Fat 3.2 g
 Fiber 5.1 g
 Sodium 485 mg

Meal Price:

Full Price \$1.75 Reduced—No Charge
 Adult \$2.75 Milk ala Carte-\$0.50

Menu Key:

(V) Meatless Option (P) Contains pork
 (B) Contains Beef ☆ New

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



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Elementary Breakfast Menu

MEATLESS MONDAY

TUESDAY

WEDNESDAY

CALIFORNIA THURSDAYS™

FRIDAY

WEEKLY AVERAGE

✓ Assorted Cereal or ²²
 ✓ Southwest Egg & Cheese
 ☆ Slider
 Strawberry Nutrigrain
 Fresh Fruit
 100% Apple Juice

✓ Assorted Cereal or ²³
 ✓ Blueberry Muffin
 Cheddar Cheese Cubes
 Fresh Fruit
 100% Orange Tangerine
 Juice

✓ Assorted Cereal or ²⁴
 ✓ Waffle & Sausage
 French Toast Goldfish
 Grahams
 Peach Fruit Cup
 100% Apple Juice

✓ Assorted Cereal or ²⁵
 ✓ Breakfast Bun
 Mozzarella String Cheese
 Fresh Fruit
 100% Orange Tangerine
 Juice

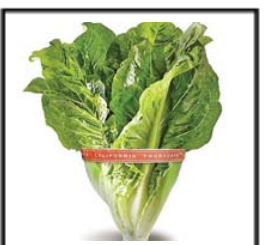
✓ Assorted Cereal or ²⁶
 ✓ Maple Pancake Wrap
 Animals Vanilla Yogurt
 Fresh Fruit
 100% Apple Juice

Calories 469
 Total Fat 8.4 g
 Sat. Fat 2.9 g
 Fiber 4.9 g
 Sodium 376 mg

✓ Assorted Cereal or ²⁹
 ✓ Bagel w/Cream Cheese
 Strawberry Nutrigrain
 Fresh Fruit
 100% Apple Juice

✓ Assorted Cereal or ³⁰
 ✓ Maple Sausage Breakfast
 Sandwich
 Cheddar Cheese Cubes
 Fresh Fruit
 100% Orange Tangerine

✓ Assorted Cereal or ³¹
 ✓ Apple Cinn Bear Paw
 French Toast Goldfish
 Grahams
 Plain Applesauce
 100% Apple Juice



**NATIONAL SCHOOL LUNCH WEEK
OCTOBER 15-19, 2018**

California Food for California Kids Statewide Collective Action Day Lunch

On October 25th, 71 school districts in California will participate in a novel approach to school food: serving healthy, freshly prepared meals made with California-grown food. It's part of an expanding statewide California Thursdays® program that does something rare – serves California food to California students. Together, these 71 school districts will serve over 500,000 California Thursdays meals to their students in just one day.

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