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 <p>FREE MEALS BREAKFAST & LUNCH FOR ALL STUDENTS</p> 		<p>★ Breakfast Breaks: 1</p> <p>Cinnamon Toast Crunch (V)  or Cocoa Puffs (V)  or Honey Nut Cheerios (V)  Fresh Fruit</p>	<p>★ Breakfast Breaks: 2</p> <p>Blueberry Yogurt (V)  or Cinnamon Toast Crunch (V)  or Cocoa Puffs (V)  or Honey Nut Cheerios (V)  Fresh Fruit</p>	<p>★ Breakfast Breaks: 3</p> <p>Cinnamon Toast Crunch (V)  or Cocoa Puffs (V)  or Honey Nut Cheerios (V)  Fresh Fruit</p>
 <p>HAPPY LABOR DAY September 6 NO SCHOOL</p>	<p>★ Breakfast Breaks: 7</p> <p>Blueberry Muffin (V)  or Cinnamon Toast Crunch (V)  or Cocoa Puffs (V)  or Honey Nut Cheerios (V)  Fresh Fruit</p>	<p>★ Breakfast Breaks: 8</p> <p>Cinnamon Toast Crunch (V)  or Cocoa Puffs (V)  or Honey Nut Cheerios (V)  Fresh Fruit</p>	<p>★ Breakfast Breaks: 9</p> <p>Strawberry Yogurt (V)  or Cinnamon Toast Crunch (V)  or Cocoa Puffs (V)  or Honey Nut Cheerios (V)  Fresh Fruit</p>	<p>★ Breakfast Breaks: 10</p> <p>Cinnamon Toast Crunch (V)  or Cocoa Puffs (V)  or Honey Nut Cheerios (V)  Fresh Fruit</p>
<p>★ Breakfast Breaks: 13</p> <p>Cinnamon Toast Crunch (V)  or Cocoa Puffs (V)  or Honey Nut Cheerios (V)  Fresh Fruit</p>	<p>★ Breakfast Breaks: 14</p> <p>Chocolate Chip Muffin (V)  or Cinnamon Toast Crunch (V)  or Cocoa Puffs (V)  or Honey Nut Cheerios (V)  Fresh Fruit</p>	<p>★ Breakfast Breaks: 15</p> <p>Cinnamon Toast Crunch (V)  or Cocoa Puffs (V)  or Honey Nut Cheerios (V)  Fresh Fruit</p>	<p>★ Breakfast Breaks: 16</p> <p>Annie's Grahams Crackers (V)  or Cinnamon Toast Crunch (V)  or Cocoa Puffs (V)  or Honey Nut Cheerios (V)  Fresh Fruit</p>	<p>★ Breakfast Breaks: 17</p> <p>Cinnamon Toast Crunch (V)  or Cocoa Puffs (V)  or Honey Nut Cheerios (V)  Fresh Fruit</p>

<p>Menu Key:</p> <p>Vegetarian (V) </p> <p>Contains Pork </p> <p>Contains Beef </p> <p>New Item (★)</p> <p>Whole Grain </p> <p>Organic (O) </p>	<p>All Meals Served Daily With:</p> <p>Choice of 1% Organic Milk or Lactaid Milk</p> <p>Choice of Fruit</p> <p>All Bread and Grains are Whole Grain</p> <p>Students Can Choose All Sides</p>
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21/22 SCHOOL YEAR, BREAKFAST & LUNCH IS BEING SERVED AT NO CHARGE TO ALL STUDENTS. OUR MENUS ARE CAREFULLY PLANNED WITH A VARIETY OF FRESH FRUITS, VEGETABLES AND WHOLE GRAIN ITEMS WHICH WILL BE FRESH, LOCAL AND CERTIFIED ORGANIC WHENEVER POSSIBLE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>★ Breakfast Breaks: 20</p> <p>Cinnamon Toast Crunch  or Cocoa Puffs  or Honey Nut Cheerios </p> <p>Fresh Fruit</p>	<p>★ Breakfast Breaks: 21</p> <p>Apple Muffin Top  or Cinnamon Toast Crunch  or Cocoa Puffs  or Honey Nut Cheerios </p> <p>Fresh Fruit</p>	<p>★ Breakfast Breaks: 22</p> <p>Cinnamon Toast Crunch  or Cocoa Puffs  or Honey Nut Cheerios </p> <p>Fresh Fruit</p>	<p>★ Breakfast Breaks: 9</p> <p>Blueberry Yogurt  or Cinnamon Toast Crunch  or Cocoa Puffs  or Honey Nut Cheerios </p> <p>Fresh Fruit</p>	<p>★ Breakfast Breaks: 24</p> <p>Cinnamon Toast Crunch  or Cocoa Puffs  or Honey Nut Cheerios </p> <p>Fresh Fruit</p>
<p>★ Breakfast Breaks: 27</p> <p>Cinnamon Toast Crunch  or Cocoa Puffs  or Honey Nut Cheerios </p> <p>Fresh Fruit</p>	<p>★ Breakfast Breaks: 28</p> <p>Blueberry Muffin  or Cinnamon Toast Crunch  or Cocoa Puffs  or Honey Nut Cheerios </p> <p>Fresh Fruit</p>	<p>★ Breakfast Breaks: 29</p> <p>Cinnamon Toast Crunch  or Cocoa Puffs  or Honey Nut Cheerios </p> <p>Fresh Fruit</p>	<p>★ Breakfast Breaks: 30</p> <p>Strawberry Yogurt  or Cinnamon Toast Crunch  or Cocoa Puffs  or Honey Nut Cheerios </p> <p>Fresh Fruit</p>	

Did you know your children can eat Breakfast & Lunch for **FREE** at all WCCUSD schools?
 Yes! You read that right!! **FREE FREE FREE**

In Season.....

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|----------|-------------|-----------|-----------|-----------------------|
| Apples | Brussels | Garlic | Parnips | Sprouts |
| Banabas | Carrots | Ginger | Pears | Sweet Potatoes & Yams |
| Beets | Cauliflower | Grapes | Pineapple | Winter Squash |
| Broccoli | Cranberries | Mushrooms | Pumpkins | |



This institution is an equal opportunity provider.