










































MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>FREE MEALS BREAKFAST & LUNCH FOR ALL STUDENTS</p>		<p>1</p> <p>Chicken Wrap (2M/MA 2G) </p> <p>or Veggie Wrap (2M/MA2G)  </p> <p>or Sweet Potato Crackers (1M/MA) </p> <p>Fresh Fruits (1/2C)</p> <p>Fresh Vegetables (1/2C)</p>	<p>2</p> <p>Snack Pack  (2M/MA 2G)(1/2 C Veg)(1/2 Fruit)</p>	<p>3</p> <p>Ham & Cheese Hoagie   (2M/MA 2G)</p> <p>or Cheese Hoagie (2M/MA2G) </p> <p>Cinnamon Crackers(1M/MA) </p> <p>Fresh Fruits (1/2C)</p> <p>Fresh Vegetables (1/2C)</p>
 <p>HAPPY LABOR DAY</p> <p>September 6 NO SCHOOL</p>	<p>7</p> <p>Turkey Wedge Sandwich  (2M/MA 2G) </p> <p>or Cheese Wedge Sandwich(2M/MA 2G) </p> <p>Garden Salsa Chips (1G)</p> <p>Fresh Fruits (1/2C)</p> <p>Fresh Vegetables (1/2C)</p>	<p>8</p> <p>Yogurt & Granola W/Strawberry   (2M/MA 2G)(1/2 C Fruit)</p> <p>Fresh Vegetables (1/2C)</p>	<p>9</p> <p>Snack Pack  (2M/MA 2G)(1/2 C Veg)(1/2 Fruit)</p>	<p>10</p> <p>Ham & Cheese Hoagie   (2M/MA 2G)</p> <p>or Cheese Hoagie (2M/MA2G) </p> <p>Heavenly Ranch Crackers(1M/MA) </p> <p>Fresh Fruits (1/2C)</p> <p>Fresh Vegetables (1/2C)</p>
<p>13</p> <p>Apple Chewie Bar  (1/2 C Fruit)(2G)</p> <p>or Organic Yogurt  (1 M/MA 2G)</p> <p>Fresh Fruits (1/2C)</p> <p>Fresh Vegetables (/2C)</p>	<p>14</p> <p>Turkey Wedge Sandwich  (2M/MA 2G)</p> <p>or Cheese Wedge Sandwich  (2M/MA 2G)</p> <p>or Cocoa Crackers(1M/MA) </p> <p>Fresh Fruits (1/2C)</p> <p>Carrots (1/2C)</p>	<p>15</p> <p>Snack Pack  (2M/MA 2G)(1/2 C Veg)(1/2 C Fruit)</p>	<p>16</p> <p>Organic Caesar Salad   (2M/MA 2G)(1/2 C VEG)</p> <p>or Organic Chicken Caesar Salad  (2M/MA 2G)(1/2 C VEG)</p> <p>Fresh Fruits (1/2C)</p>	<p>17</p> <p>Organic Ham&Cheese Wedge   (2M/MA 2G)</p> <p>or Organic Cheese Wedge   (1M/MA 2 G)</p> <p>Vanilla Crackers(1 G) </p> <p>Fresh Fruits (1/2C)</p> <p>Fresh Vegetables (/2C)</p>
<p>Menu Key:</p> <p>Vegetarian </p> <p>Contains Pork </p> <p>Contains Beef </p> <p>New Item </p> <p>Whole Grain </p>	<p>Key Nutritionals</p> <p>M/MA- As Meat/Meat Alternative</p> <p>G- Grain</p> <p>C- Cup</p> <p>Veg- Vegetable</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>	<p>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.</p>	

WCCUSD SEPTEMBER 2021

ELEMENTARY COLD SUPPER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Organic Bagel ★(V) 20 w/ Cream Cheese String Cheese (1M/MA) Organic Sunflower Seeds (1M/MA) Fresh Fruits (1/2C) Fresh Vegetables (/2C)	Turkey Wedge Sandwich 21 (2M/MA 2G) or Cheese Wedge Sandwich (2M/MA 2G) (V) or Organic BBQ Corn Chips (1G) ★	Chicken Wrap 22 (2M/MA 2G) or Veggie Wrap (1M/MA) (V) or Sweet Potato Crackers (1M/MA) Fresh Fruits (1/2C) Fresh Vegetables (1/2C)	Snack Pack 23 (2M/MA 2G)(1/2 C Veg)(1/2 Fruit) (V)	Ham & Cheese Hoagie 24 (2M/MA 2G) or Cheese Hoagie (2M/MA2G) (V) Cinnamon Crackers(1M/MA) ★ Fresh Fruits (1/2C) Fresh Vegetables (1/2C)
Banana Chocolate Bar ★(V) 27 (1/2 C Fruit)(2G) String Cheese (1M/MA) Organic Sunflowers Seeds (1M/MA) Fresh Fruits (1/2C) Fresh Vegetables (/2C)	Turkey Wedge Sandwich 28 (2M/MA 2G) or Cheese Wedge Sandwich (2M/MA 2G) (V) Garden Salsa Chips (1G)	Yogurt & Granola W/Strawberry ★(V) 29 (2M/MA 2G)(1/2 C Fruit)	Snack Pack 30 (2M/MA 2G)(1/2 C Veg)(1/2 Fruit) (V)	

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.....

- | | | | | |
|----------|-------------|-----------|-----------|-----------------------|
| 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.

