

MONDAY

TUESDAY

WEDNESDAY




THURSDAY


FRIDAY

FREE FREE FREE FREE
BREAKFAST & LUNCH MEALS
FOR ALL STUDENTS




National School Lunch Week October 11th-15th








Ham & Cheese Hoagie   1
 (2M/MA 2G)
 or Cheese Hoagie (2M/MA2G) 
 Heavenly Ranch Crackers(1M/MA)
 ★
 Fresh Fruits (1/2C)
 Fresh Vegetables (1/2C)




Apple Chewie Bar 
 (1/2 C Fruit)(2G)
 or Cheddar Chees Cubes 
 or Organic Yogurt 
 (1 M/MA 2G)
 Fresh Fruits (1/2C)
 Fresh Vegetables (/2C)



4 Turkey Wedge Sandwich  5
 (2M/MA 2G)
 or Cheese Wedge Sandwich(2M/MA 2G) 
 or Cocoa Crackers(1G) 
 Fresh Fruits (1/2C)
 Fresh Vegetables (1/2C)

6 Organic Caesar Salad   7
 (2M/MA 2G)(1/2 C VEG)
 or Organic Chicken Caesar Salad 
 (2M/MA 2G)(1/2 C VEG)
 Fresh Fruits (1/2C)

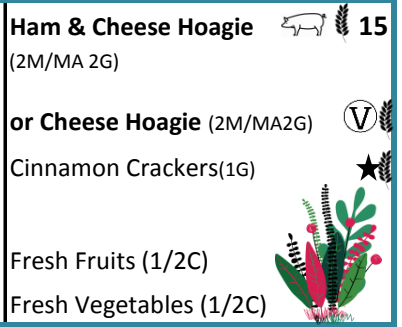
8 Organic Ham&Cheese Wedge   8
 (2M/MA 2G)
 or Organic Cheese Wedge  
 (1M/MA 2 G)
 Vanilla Crackers(1 G) 
 Fresh Fruits (1/2C)
 Fresh Vegetables (/2C)








11 Turkey Wedge Sandwich  12
 (2M/MA 2G)
 or Cheese Wedge Sandwich(2M/MA 2G) 
 or Organic BBQ Corn Chips(1G) 
 Fresh Fruits (1/2C)
 Carrots (1/2C)

13 Chicken Wrap 
 (2M/MA 2G)
 or Veggie Wrap (1M/MA) 
 or Sweet Potato Crackers (1G)
 Fresh Fruits (1/2C)
 Fresh Vegetables (1/2C)

14 Ham & Cheese Hoagie   15
 (2M/MA 2G)
 or Cheese Hoagie (2M/MA2G) 
 Cinnamon Crackers(1G) 
 Fresh Fruits (1/2C)
 Fresh Vegetables (1/2C)



Menu Key:
 Vegetarian 
 Contains Pork 
 Contains Beef 
 New Item 
 Whole Grain 

Key Nutritionals
 M/MA- As Meat/Meat Alternative
 G- Grain
 C- Cup
 Veg- Vegetable

All Meals Served Daily With:
 Choice of 1% Organic Milk
 or Lactaid Milk
 Choice of Fruit
 All Bread and Grains are Whole Grain
 Students Can Choose All Sides

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.

WCCUSD OCTOBER 2021

ELEMENTARY COLD SUPPER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Banana Chocolate Bar ★(V) 18 (1/2 C Fruit)(2G) String Cheese (1M/MA) Organic Sunflowers Seeds (1M/MA) Fresh Fruits (1/2C) Fresh Vegetables (/2C)	Turkey Wedge Sandwich 19 (2M/MA 2G) or Cheese Wedge Sandwich (2M/MA 2G) (V) Garden Salsa Chips (1G) Fresh Fruits (1/2C) Fresh Vegetables (1/2C)	Yogurt & Granola W/Strawberry 20 (2M/MA 2G)(1/2 C Fruit) ★(V) Fresh Vegetables (1/2C)	Snack Pack 21 (2M/MA 2G)(1/2 C Veg)(1/2 Fruit) (V) Fresh Fruits (1/2C) Fresh Vegetables (/2C)	Ham & Cheese Hoagie 22 (2M/MA 2G) or Cheese Hoagie (2M/MA2G) (V) Heavenly Ranch Crackers(1G) ★ Fresh Fruits (1/2C) Fresh Vegetables (1/2C)
Apple Chewie Bar 25 (1/2 C Fruit)(2G) (V) or Organic Yogurt ★(V) (1 M/MA 2G) Fresh Fruits (1/2C) Fresh Vegetables (/2C)	Turkey Wedge Sandwich 26 (2M/MA 2G) or Cheese Wedge Sandwich (2M/MA 2G) (V) or Cocoa Crackers (1G) ★ Fresh Fruits (1/2C) Carrots (1/2C)	Snack Pack 27 (2M/MA 2G)(1/2 C Veg)(1/2 C Fruit) (V) Fresh Fruits (1/2C)	Organic Caesar Salad ★(V) 28 (2M/MA 2G)(1/2 C VEG) or Organic Chicken Caesar Salad ★ (2M/MA 2G)(1/2 C VEG) Fresh Fruits (1/2C)	Organic Ham&Cheese Wedge 29 (2M/MA 2G) ★ or Organic Cheese Wedge ★(V) (1M/MA 2 G) Vanilla Crackers(1 G) ★ Fresh Fruits (1/2C) Fresh Vegetables (/2C)



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.