

MONDAY

TUESDAY

WEDNESDAY

THURSDAY


FRIDAY


FREE FREE FREE FREE
BREAKFAST & LUNCH MEALS
FOR ALL STUDENTS




National School Lunch Week October 11th-15th





1
 Organic Beef Hot Dog  ★ 
 or Veggie Twin Burger 
 Fresh Fruit
 Fresh Vegetables

4
 Wild Mike's 
 Cheese Pizza
 Fresh Fruit
 Fresh Vegetables

5
 Chicken Corn Dog
 or Organic Mac & Cheese ★ 
 Fresh Fruit
 Fresh Vegetables

6
 Cheeseburger Sliders  
 or Organic Bagel w/Cream Cheese 
 Fresh Fruit
 Fresh Vegetables

7
 Organic BBQ Chicken & Rice ★ 
 or Organic Fruit & Cheese Plate 
 Fresh Fruit
 Fresh Vegetables

8
 Chicken Tenders & Corn 
 or Grilled Cheese Sandwich 
 Fresh Fruit
 Fresh Vegetables

11

 Bean & Cheese Burrito
 or Organic Caesar Salad ★ 
 Fresh Fruit
 Fresh Vegetables

12

 Pepperoni Wedge Pizza 
 or Yogurt & Granola with Strawberries ★ 
 Fresh Fruit
 Fresh Vegetables

13
 Ardellas Turkey 
 or Yogurt & Granola with Strawberries ★ 
 Fresh Fruit 
 Fresh Vegetables

14
 Chicken Teriyaki & Rice ★ 
 or Bean & Cheese Burrito 
 Fresh Fruit 
 Fresh Vegetables

15
 Beef BBQ Rib Sandwich  
 Veggie Twin Burger 
 Fresh Fruit 
 Fresh Vegetables

Menu Key:

- Vegetarian 
- Contains Pork 
- Contains Beef 
- New Item ★
- Whole Grain 
- Organic 

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

PRE-SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sicilian Style Cheese Pizza Fresh Fruit Fresh Vegetables	18 Pasta Bake with Beef and Tomatoes Sauce or Grilled Cheese Sandwich Fresh Fruit Fresh Vegetables	20 Cheeseburger Sliders or Organic Caesar Salad Fresh Fruit Fresh Vegetables	21 Bean, Beef, Cheese & Rice Burrito or Cheese Quesadilla Fresh Fruit Fresh Vegetables	22 Organic Beef Hot Dog or Ardella's Cheesy Pull Aparts Fresh Fruit Fresh Vegetables
25 French Bread Cheese Pizza Fresh Fruit Fresh Vegetables	26 Chicken Corn Dog or Organic Mac & Cheese Fresh Fruit Fresh Vegetables	27 Chicken & Red Sauce Tamale or Organic Bagel w/Cream Cheese Fresh Fruit Fresh Vegetables	28 Organic BBQ Chicken & Rice or Organic Fruit & Chese Plate Fresh Fruit Fresh Vegetables	29 Chicken Tenders & Corn or Grilled Cheese Sandwich Fresh Fruit Fresh Vegetables



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.

