

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



2021-2022

<p><b>Banana Chocolate Bar</b> (1/2 C Fruit)(2G)   16</p> <p><b>String Cheese</b> (1M/MA)</p> <p><b>Organic Sunflower Seeds</b> (1M/MA)</p> <p>Fresh Fruits (1/2C)</p> <p>Fresh Vegetables (1/2C)</p>	<p><b>Turkey Wedge Sandwich</b> (2M/MA 2G)  17</p> <p><b>OR Cheese Wedge Sandwich</b> (2M/MA 2G)  </p> <p>Garden Salsa Chips (1G) </p> <p>Fresh Fruits (1/2C)</p> <p>Fresh Vegetables (1/2C)</p>	<p><b>Organic Yogurt w/ Granola</b>    18</p> <p>(2M/MA 2G)(1/2 C Fruit)</p> <p>Fresh Vegetables (1/2C)</p>	<p><b>Snack Pack</b>   19</p> <p>(2M/MA 2G)(1/2 C Veg)(1/2 Fruit)</p>	<p><b>Ham &amp; Cheese Hoagie</b>   20</p> <p>(2M/MA 2G)</p> <p><b>OR Cheese Hoagie</b> (2M/MA2G)  </p> <p>Heavenly Ranch Crackers(1M/MA)  </p> <p>Fresh Fruits (1/2C)</p> <p>Fresh Vegetables (1/2C)</p>
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Menu Key:

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

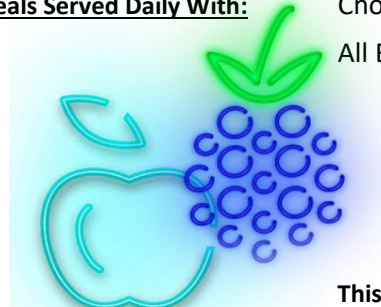
Key Nutritionals

- 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


















All Bread and Grains are Whole Grain



This institution is an equal opportunity provider.

# WCCUSD AUGUST 2021

# ELEMENTARY COLD SUPPER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>23</b> <b>Apple Chewie Bar</b> (1/2 C Fruit)(2G) </p> <p><b>Organic Yogurt</b> (1 M/MA 2G) </p> <p>Fresh Fruits (1/2C)</p> <p>Fresh Vegetables (/2C)</p>	<p><b>24</b> <b>Turkey Wedge Sandwich</b> (2M/MA 2G) </p> <p><b>OR Cheese Wedge Sandwich</b> (2M/MA 2G) </p> <p><b>Cocoa Crackers</b>(1M/MA) </p> <p>Fresh Fruits (1/2C)</p> <p>Carrots (1/2C)</p>	<p><b>25</b> <b>Snack Pack</b> (2M/MA 2G)(1/2 C Veg)(1/2 C Fruit) </p>	<p><b>26</b> <b>Organic Caesar Salad</b>   (2M/MA 2G)(1/2 C VEG)</p> <p><b>OR Organic Chicken Caesar Salad</b> (2M/MA 2G)(1/2 C VEG) </p> <p>Fresh Fruits (1/2C)</p>	<p><b>27</b> <b>Organic Ham&amp;Cheese Wedge</b> (2M/MA 2G) </p> <p><b>OR Organic Cheese Wedge</b> (1M/MA 2 G) </p> <p>Vanilla Crackers(1 G) </p> <p>Fresh Fruits (1/2C)</p> <p>Fresh Vegetables (/2C)</p>
<p><b>30</b> <b>Organic Bagel</b>   w/ Cream Cheese</p> <p>String Cheese (1M/MA)</p> <p>Organic Sunflower Seeds (1M/MA)</p> <p>Fresh Fruits (1/2C)</p> <p>Fresh Vegetables (/2C)</p>	<p><b>31</b> <b>Turkey Wedge Sandwich</b> (2M/MA 2G) </p> <p><b>OR Cheese Wedge Sandwich</b>(2M/MA 2G) </p> <p><b>Organic BBQ Corn Chips</b> (1G) </p> <p>Fresh Fruits (1/2C)</p> <p>Carrots (1/2C)</p>			



**In Season.....**

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|----------|-------------|-----------|---------------|
| Apples   | Carrots     | Mushrooms | Winter Squash |
| Bananas  | Cauliflower | Parsnips  |               |
| Beets    | Cranberries | Pears     |               |
| Broccoli | Garlic      | Pineapple |               |
| Brussels | Ginger      | Pumpkins  |               |





Sprouts

Grapes

Sweet Potatoes & Yams

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