

WCCUSD April 2018

Elementary Breakfast Menu

Visit us on the web at www.wccusd.net

Menu subject to change

All Meals Served with 1% or Lactaid Milk



TUESDAY

WEDNESDAY



FRIDAY

WEEKLY AVERAGE

2

3

4

5

6



SPRING RECESS

NO SCHOOL APRIL 2ND-APRIL 6TH, 2018



9
Assorted Cereal
w/ Apple Cinn Nutrigrain or
★ SunButter Grape Sandwich

Fresh Fruit
100% Apple Juice

10
Assorted Cereal
w/Cheddar Cheese Cubes
★ Or Omelet & Biscuit

Fresh Fruit
100% Orange Tangerine Juice

11
✓ Assorted Cereal
w/Scooby Doo Crackers
★ or Crescent Chocolate

Fresh Fruit
100% Apple Juice

12
✓ Assorted Cereal
w/Mozzarella String Chs
or Beef and Cheese
★ Sunrise Stick
Fresh Fruit
100% Orange Tangerine Juice

13
✓ Assorted Cereal
w/Danimals Vanilla Yogurt
★ or Blueberry Muffin ✓

Fresh Fruit
100% Apple Juice

Calories 456
Total Fat 9.0g
Sat. Fat 3.7g
Fiber 4.3g
Sodium 464 mg

16
Assorted Cereal
w/Strawberry Nutrigrain
or Great Earth Cinnamon
Roll

Strawberry Fruit Cup
100% Apple Juice

17
✓ Assorted Cereal
★ w/Cheddar Cheese Cubes
or Turkey Ham
on Hawaiian Bun
Fresh Fruit
100% Orange Tangerine Juice

18
✓ Assorted Cereal
w/Scooby Doo Crackers
or Waffle & Sausage ★

Fresh Fruit
100% Apple Juice

19
✓ Assorted Cereal
w/Mozzarella String Chs
or Mini Chocolate Chip
French Toast

Fresh Fruit
100% Orange Tangerine Juice

20
✓ Cinnamon Toast Crunch
w/Danimals Vanilla Yogurt
or Banana Bread

Fresh Fruit
100% Apple Juice

Calories 459
Total Fat 8.2g
Sat. Fat 2.9g
Fiber 4.3g
Sodium 470mg

Meal Price:
Full Price—\$1.50 Reduced—No charge
Adult— \$2.50 Milk ala Carte—\$0.50

Menu Key:
✓ Meatless Option 🐷 Contains Pork
🐄 Contains Beef ☆ New Item
All Underlined Items: California Grown & Produced

All Meals Served Daily With: Choice of 1% or Lactaid Milk
Choice of Fruit or 100% Fruit Juice
All Bread and Grains are Whole Grain

* **Side Dishes are Italicized:** Students Can Choose Both Sides






Assorted Whole Grain Cereal: Cinnamon Toast Crunch, Cinnamon Chex, (Gluten Free)
Cocoa Puffs, Honey Nut Cheerios (Gluten Free)



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MEATLESS MONDAY

	TUESDAY	WEDNESDAY	CALIFORNIA THURSDAYS™	FRIDAY	WEEKLY AVERAGE
<p>Assorted Cereal ²³ w/<u>Apple Cinn Nutrigrain</u> Or <u>Grilled Cheese</u></p> <p><i>Fresh Fruit</i> 100% Apple Juice</p>	<p>Assorted Cereal ²⁴ w/<u>Cheddar Cheese Cubes</u> Or <u>Apple Cinn Bear Paw</u></p> <p><i>Strawberry Fruit Cup</i> 100% Orange Tangerine Juice</p>	<p>Assorted Cereal ²⁵ w/<u>Scooby Doo Crackers</u> or French Toast & Sausage ☆</p> <p><i>Fresh Fruit</i> 100% Apple Juice</p>	<p>Assorted Cereal ²⁶ w/<u>Mozzarella String Cheese</u> Or <u>Breakfast Turkey Sausage Pizza</u></p> <p><i>Fresh Fruit</i> 100% Orange Tangerine Juice</p>	<p>Assorted Cereal ²⁷ w/<u>Danimals Vanilla Yogurt</u> ☆ Or <u>Breakfast Bun</u></p> <p><i>Plain Applesauce</i> 100% Apple Juice</p>	<p>Calories 467 Total Fat 8.1g Sat. Fat 3.1g Fiber 4.1g Sodium 496mg</p>
<p>Assorted Cereal ³⁰ w/<u>Strawberry Nutrigrain</u> Or <u>Bagel w/Cream Cheese</u></p> <p><i>Fresh Fruit</i> 100% Apple Juice</p>	 <p>AVOCADO</p>	 <p>PEACH</p>	 <p>PLUMS</p>	 <p>WALNUT</p>	 <p>KIWI</p>

Happy Earth Day! April 22, 2018

Celebrate Earth day by making small lifestyle changes. Planting a tree or two, going meatless just one day a week, or switching your disposable plastic water bottle for a reusable one will go a long way to help reverse the damage we have caused.



California produces almost all of the country's almonds, apricots, dates, figs, kiwi fruit, nectarines, olives, pistachios, prunes, and walnuts. It leads in the production of avocados, grapes, lemons, melons, peaches, plums, and strawberries.



Check Out Our New Website:

- Step 1 www.wccusd.net
- Step 2 Departments
- Step 3 Food Services

Go Paperless and Sign up for email reminders when new menus are available.