






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Sicilian Style Pepperoni Wedge Pizza or Bean & Cheese Burrito Assorted Crackers Fresh Fruit Fresh Salad	2 Chicken Teriyaki & Wedges or Veggie Burger Assorted Crackers Fresh Fruit Fresh Salad	3 Beef Taquito or Cheese Quesadilla Assorted Crackers Fresh Fruit Fresh Salad
7 Sicilian Style Cheese Wedge Pizza or Organic Bagel w/ Cream Cheese Assorted Organic Yogurt Fresh Fruit Fresh Salad	8 Organic Beef Meat Sauce Pasta Bake or Grilled Cheese Sandwich Assorted Crackers Fresh Fruit Fresh Salad	9 Cheeseburger Sliders or Veggie Burger Assorted Crackers Fresh Fruit Fresh Vegetables	10 Beef & Cheese Enchilada Pie or Bean & Cheese Burrito Assorted Crackers Fresh Fruit Fresh Salad	
14 Veggie Burger or Grilled Cheese Sandwich Assorted Organic Yogurt Fresh Fruit Fresh Salad	15 Chicken Corn Dog or Pillow Pull Aparts Assorted Crackers Fresh Fruit Fresh Salad	16 Chicken Tamale in Red Sauce or Bean & Cheese Burrito Sun Chips Fresh Fruit Fresh Vegetables	17 Beef Dipper w/Mac & Cheese or Mac & Cheese Assorted Crackers Fresh Fruit Fresh Salad	18 Chicken Tenders & Corn or Sicilian Style Cheese Wedge Pizza Chocolate Chip Cookie Fresh Fruit Fresh Salad

Menu Key:

- Vegetarian (V)
- Contains Pork (pig icon)
- Contains Beef (cow icon)
- New Item (star icon)
- Whole Grain (wheat icon)
- Organic (@)

All Meals Served Daily With:

- Choice of 1% Milk or Soy Milk
- Choice of Fruit
- All Bread and Grains are Whole Grain
- Students Can Choose All Sides**

22/23 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 NOVEMBER 2022

ELEMENTARY LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

NO SCHOOL November 22nd - 26th

HAPPY THANKSGIVING

Organic Pasta Marinara   28 or Grilled Cheese Sandwich  	29 Beef & Cheese Taco Stick  Vegan Nuggets & Tots 	Sicilian Style Cheese 30 Wedge Pizza or Bean & Cheese Burrito 
Assorted Organic Yogurt Fresh Fruit Fresh Salad	Assorted Crackers Fresh Fruit Fresh Salad	Assorted Crackers Fresh Fruit Fresh Vegetables

VETERANS DAY



— Honoring All Who Served —



Veterans Day is distinct from Memorial Day, a U.S. public holiday in May. Veterans Day celebrates the service of all U.S. military veterans, while Memorial Day honors those who had died while in military service.

Fruits & Vegetables in Season.....

Apples	Persimmons	Arugula	Chard	Cabbage	Snap peas
Dates	Pineapple Guava	Collards	Bok choy	Eggplant	Winter squash
Grapefruit	Pomegranates	Dandelion	Broccoli	Fennel	
Pears		Kale	Brussel Sprouts	Okra	



This institution is an equal opportunity provider.