

WCS ELEMENTARY MENU * MAY '12

A nourished student is a learning student!!



Breakfast Weekly Cycle Menu
 Monday: Egg & Cheese Omelet, Fruit & Milk
 Tuesday: Variety of Cold Cereals, Cheese Stick, Fruit & Milk
 Wednesday: Bagel Stick & Cream Cheese, Fruit & Milk
 Thursday: Pancake, Fruit & Milk
 Friday: Cinnamon Toast Crunch Crisps, Yogurt, Fruit & Milk
The Ultimate Breakfast Round and Morning Mix Ups will be a everyday entrée choice daily.

Sun
 A Salad Bar is offered each day as a second choice entrée.
 Monday: Yogurt, Cottage Cheese, Fresh Fruit
 Tuesday: Hummus & Greek Salad
 Wednesday: Taco Salad
 Thursday: Shaved Turkey Ham
 Friday: Chicken Strips

6



In accordance with Federal law and U.S. Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Mon
7
 Reduced Fat Beef Tacos on Ultra Grain Tortilla
 Refried Beans
 Seasoned Corn
 Calories: 606 Fat 21.5 %
 Carbs 61.5%

14
 Cheese Quesadilla with Salsa
 Refried Beans
 Warm Spiced Apples
 Box of Raisins
 Calories: 692 Fat 20.5 %
 Carbs 66.1%

21
 All Beef Hot Dog with Whole Wheat Bun
 Corn on the Cob
 Broccoli Slaw
 Box of Raisins
 Calories: 845 Fat 30.5 %
 Carbs 61.8%

28 Memorial Day
NO SCHOOL



Tue
1 TASTE TEST TUESDAY
 Whole Grain Breaded Chicken Nuggets
 Cherry Crisp
Green Bean Feta Salad
 Calories: 544 Fat 31.4 %
 Carbs 53.7%

8 TASTE TEST TUESDAY
 Hamburger on a "Made from Scratch" Whole Grain Bun
 Roasted Potatoes
Spiced Cherry Salad
 Calories: 642 Fat 23.9 %
 Carbs 57.8%

15 TASTE TEST TUESDAY
 Whole Grain Breaded Chicken Patty Sandwich
 Sweet Potato Puffs
Frozen Pea Salad
 Calories: 709 Fat 30.7 %
 Carbs 53.2%

22 TASTE TEST TUESDAY
 Whole Grain Chicken Nuggets
 Baked Potato Half
Parmesan Roasted Asparagus
 Calories: 549 Fat 30.9 %
 Carbs 51.3%

29 TASTE TEST TUESDAY
 Meat & Cheese Nachos with Salsa
 Mixed Fruit Cup
Tomato & Corn Salad
 Calories: 779 Fat 34.6 %
 Carbs 52.3%

Wed
2
 Deli Cold Turkey Wrap
 Mixed Veggie Pasta Salad
 Hummus & Celery
 Calories: 477 Fat 29.3 %
 Carbs 52.6%

9
 Oven Roasted Chicken
 Mashed Sweet Potatoes w/ Marshmallow Top
 Seasoned Green Beans
 Whole Grain Dinner Roll
 Calories: 560 Fat 17.5 %
 Carbs 66.0%

16 THANKSGIVING IN MAY
 Turkey Roast & Low Sodium Gravy
 Mashed Potatoes
 Steamed Carrots
 Pumpkin Bar
 Calories: 554 Fat 25.2 %
 Carbs 56.1%

23
 Whole Grain Pasta Bake
 Romaine & Spinach Tossed Salad
 Orange Glazed Carrots
 Calories: 625 Fat 24.7 %
 Carbs 56.0%

30
 Oven Roasted BBQ Chicken
 Orange Glazed Carrots
 Tomato & Cucumber Salad
 Whole Grain Roll
 Calories: 530 Fat 30.9 %
 Carbs 51.4%

Thu
3
 Veggie Lover's Big Daddy' Pizza
 Roasted Carrots & Parsnips
 Applesauce Mousse
 Calories: 648 Fat 23.0 %
 Carbs 61.00%

10 BAGEL FUN LUNCH
 Toasty Warm Bagels
 Lite Cream Cheese Yogurt
 Low Fat Cottage Cheese with Peaches
 Calories: 597 Fat 14.4 %
 Carbs 70.5%

17 Breakfast for Lunch
 Pillsbury Whole Grain Pancakes
 Turkey Sausage
 Diced Pears
 & Apple Juice
 Calories: 629 Fat 30.4 %
 Carbs 54.8%

24
 Veggie Lover's Big Daddy's Pizza
 Roasted Chick Peas
 Fruited Jello
 Calories: 651 Fat 20.4 %
 Carbs 62.5%

31 Deli Turkey Sub Sandwich
 Whole Wheat Pasta Salad
 Minute Maid Juice Bar
 Crunchy Broccoli
 Calories: 574 Fat 25.3 %
 Carbs 58.5

Fri
4
Breakfast Only

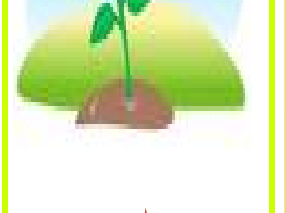
11 Veggie Lover's Big Daddy' Pizza
 Seasoned Green Beans
 Sweet Potato Pudding
 Calories: 698 Fat 20.5 %
 Carbs 62.7%

18
 Veggie Lover's Big Daddy's Pizza
 Seasoned Green Beans
 Mini Banana Splits
 Calories: 641 Fat 21.0 %
 Carbs 61.4%

25
Breakfast Only



Sat



19

26
 Everyday your child has a choice of milk, and a variety of fresh fruit or canned fruit as part of a complete meal.