



WALNUT CREEK  
SCHOOL DISTRICT

# Elementary Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>LUNCH \$3.00</b> Complete meal includes 5 components <b>Protein, Fruits, Vegetables</b> <b>Grain &amp; Milk</b> Items with ** are vegetarian menu subject to change</p>			1	2
				<p>Alternative Vegetarian Entrees Offered Daily: <u>Yogurt &amp; Granola</u> <u>Bagel &amp; Cheese</u> <u>Pretzel &amp; String</u> <u>Cheese</u></p>
5	6	7	8	9
<p>Mandarin Chicken Brown Rice or **Triple Cheese Bagel <u>Corn</u> Snap Peas Crisp Garden Salad</p>	<p>Mini Corn Dogs (chicken) or Sloppy Joe (beef) <u>Coleslaw</u> Edamames Celery Sticks</p>	<p>Chili Chips &amp; Cheese (beef) or **Cheese Ravioli Garlic Bread <u>Mini Kookies</u> Jicama Sticks Sweet Red Peppers Baby Carrots</p>	<p>Wings of Fire Garlic Bread or Chicken Alfredo Garlic Bread <u>Three Bean Salad</u> Cauliflower Peas</p>	<p>**Cheese Pizza or Pepperoni Pizza (turkey-beef) <u>Caesar Salad</u> Sweet Cherry Tomatoes Cool Cucumber Slices</p>
12	13	14	15	16
<p>Chicken Sticks Parma Buttered Noodles or **Yogurt Parfait Granola <u>Crisp Garden Salad</u> Sweet Cherry Tomatoes Jicama Sticks</p>	<p>Hot Dog (turkey) or Fillet of Fish Whole Grain Biscuit <u>Seasoned Wedges</u> Vegetarian Baked Beans</p>	<p>Chicken Noodle Soup **1/2 Grilled Cheese Sandwich or **Grilled Cheese Sandwich <u>Cool Cucumber Slices</u> Baby Carrots Crisp Garden Salad</p>	<p>Popcorn Chicken or **Cheesy Quesadilla <u>Refried Beans</u> Sweet Potato Sticks Zucchini Sticks</p>	<p>**Cheese Pizza or Pepperoni Pizza (turkey-beef) <u>Caesar Salad</u> Sweet Red Peppers Peas</p>
19	20	21	22	23
	<p>Cinnamon Glazed French Toast Sticks Sausage Link (turkey) or Scrambled Eggs &amp; Toast Bacon (pork) <u>Roasted Potatoes</u> Cool Cucumber Slices</p>	<p>Bake Potato Whole Wheat Dinner Roll or Teriyaki Chicken Yakisoba Noodles <u>Broccoli &amp; Cheese</u> Sweet Cherry Tomatoes Zucchini Sticks</p>	<p>Chicken Sticks Whole Wheat Dinner Roll or Chicken Soft Taco <u>Refried Beans</u> Corn Sweet Red Peppers</p>	<p>**Cheese Pizza or Pepperoni Pizza (turkey-beef) <u>Sweet Potato Sticks</u> Kidney Beans Crisp Garden Salad</p>
26	27	28	29	30
<p>Mini Corn Dogs (chicken) or Hot Ham+Cheese (turkey) on a croissant <u>Sweet Potato Sticks</u> Vegetarian Baked Beans Crisp Garden Salad Fun Size Potato Chips</p>	<p>**Mini Pancakes Sausage Link (turkey) or Kashi Sunshine Cereal Chocolate Bear Graham Sausage Link (turkey) <u>Roasted Potatoes</u> Baby Carrots</p>	<p>Spaghetti with meat sauce (beef) Garlic Bread or Beef Rib-a-que <u>Kidney Beans</u> Cool Cucumber Slices Crisp Garden Salad</p>	<p>Crispy Baked Chicken Whole Wheat Dinner Roll or Teriyaki Beef Sticks Whole Wheat Dinner Roll <u>Mash Potatoes &amp; Gravy</u> Mixed Vegetables</p>	<p>**Cheese Pizza or Pepperoni Pizza (turkey-beef) <u>Caesar Salad</u> Sweet Red Peppers Jicama Sticks</p>