

Monday

The WCUD School Nutrition Program is dedicated to improving the health of each student by providing healthy food and offering nutrition education programs to grow young bodies and minds.

Tuesday

Wednesday



1

Thursday

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Friday

3

Welcome to the 2018-2019 school year!

We are excited to announce the launch of the WCUD School Nutrition Program.

Please remember to fill out the Free and Reduced Meal Application. Free and Reduced Eligibility helps students receive FREE meals but also helps our schools earn funding for other programs as well. The F&R meal application has been sent home in back to school packets and is available online for download at our school nutrition website <https://www.wcsu.net/wcud-school-nutrition-program>. You may apply at any time during the year if your income status changes. Your school's administrative assistant is available to help with the application process.

Online meal payments can be made by creating an account at myschoolbucks.com

Please remember to pre-pay for meals on a monthly basis.

If you have any meal program questions, please contact

Gretchen Czaja, WCUD Healthy Foods Educator & Director gczaja@wcsu.net, 457-1317 ext.1123

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1st Day of School 29

Spaghetti with plain
 or local meat sauce
 Choice of fruit
 Salad Bar Options

30

Chicken Patty
 Sandwich
 Choice of fruit
 Salad Bar Options

31

Cheese Pizza
 Choice of fruit
 Salad Bar Options

Students may choose the main entrée or a peanut butter & jam sandwich as an alternative at WES, TPVS and RES. All students must take ½ cup fruit or vegetable to complete their meal. Our salad bar options vary and include spring mix, cucumbers, peppers, carrots and extra proteins that include Green Mountain Greek Vanilla Yoourt and Cabot Cottage Cheese. A choice of 1% or Skim milk is included with the meal or to purchase as an a la carte item.