



Waits River Valley School Lunch October 2024



Menus are subject to change

Meals Are Free To All Students

Adult Breakfast \$3.00

Adult Lunch \$4.75

Milk \$0.50

Please Click Links Below for
Nutrition Information on Daily
Options:

Assorted Deli Sandwichs, Nacho Fun
Meal, Fruit & Yogurt Parfait w/Granola
Fresh Fruit & Veggie Bar
Fresh, Dried, or Canned Fruit, Skim
White Milk, 1% White Milk, & Fat Free
Chocolate Milk Offered With All Meals.

Daily Pizza Options K-8

Deli Options K-8 Grab & Go Nachos

Fruit & Yogurt Parfait w/Granola

Fresh, Dried Or Canned Fruit

Condiments Milk

Pay for meals on-line.
Click Image Below



Harvest of the Month:

Apple



Click on the image above for more info on
the Harvest of the Month!

Please advise us if special
meal accommodations are
required for allergens or
other special dietary
needs.

Monday	Tuesday	Wednesday	Thursday	Friday
National School Lunch Week October 14-18, 2024 	1 BBQ Pulled Pork Sandwich ✓ Fresh Creamy Coleslaw ✓ Fresh Fruit & Veggie Bar Milk Variety	2 Cheesy Breadsticks ✓ Marinara Dipping Sauce ✓ Caesar Salad ✓ Fresh Fruit & Veggie Bar Milk Variety	3 ✓ Creamy Macaroni & Cheese ✓ Steamed Carrots ✓ Homemade Cornbread ✓ Fresh Fruit & Veggie Bar Milk Variety	4 Layered Chicken Bowl ✓ Kale Apple Salad ✓ Homemade Dinner Roll ✓ Fresh Fruit & Veggie Bar Milk Variety 
7 Chicken Patty Sandwich w/Lettuce & Tomato ✓ Hand Cut French Fries ✓ Fresh Fruit & Veggie Bar Milk Variety	8 Chicken & Vegetable Dumpling Bowl ✓ Vegetable Stir Fry w/Sweet Peppers ✓ Fresh Fruit & Veggie Bar Milk Variety	9 Hearty Chicken & Biscuits ✓ Steamed Green Peas ✓ Fresh Fruit & Veggie Bar Milk Variety	10 Spaghetti w/ Meat Sauce ✓ Garlic Breadstick ✓ Fresh Fruit & Veggie Bar Milk Variety BIRTHDAY CELEBRATION	No School
14 No School	15 Tater Tot Nachos ✓ Rice Pilaf ✓ Fresh Fruit & Veggie Bar Milk Variety	16 Homemade Shepherd's Pie ✓ Butternut Squash w/ Apples ✓ Dinner Roll ✓ Apple Crisp ✓ Fresh Fruit & Veggie Bar Milk Variety  Apple Fest 	17 Chicken Alfredo w/Pasta ✓ Garlic Breadstick ✓ Fresh Fruit & Veggie Bar Milk Variety	18 ✓ Alaska Pollock Fish Sticks ✓ Tartar Sauce ✓ Roasted Potato Wedges ✓ Fresh Creamy Coleslaw ✓ Homemade Dinner Roll ✓ Fresh Fruit & Veggie Bar Milk Variety
21 Meatball Sub (Beef & Chicken Meatballs) ✓ Garden Pasta Salad ✓ Fresh Fruit & Veggie Bar Milk Variety	22 Chicken & Cheddar Quesadilla w/ Salsa ✓ Spanish Rice ✓ Fresh Fruit & Veggie Bar Milk Variety Taste Test Event 	23 Homemade Cheesy Breadsticks ✓ Marinara Dipping Sauce ✓ Fresh Fruit & Veggie Bar Milk Variety	24 Hot Turkey Sandwich ✓ Chef's Mashed Potato Turkey Gravy ✓ Steamed Carrots ✓ Cranberry Sauce ✓ Fresh Fruit & Veggie Bar Milk Variety	25 Hot Ham & Cheese Pinwheels ✓ Fresh Fruit & Veggie Bar Milk Variety
28 Oven Baked Chicken Nuggets BBQ Sauce ✓ Roasted Potato Wedges ✓ Homemade Dinner Roll ✓ Fresh Fruit & Veggie Bar Milk Variety	29 Taco Bar w/ The Works w/ Soft Shell Tortilla ✓ Garden Salsa ✓ Rice Pilaf ✓ Fresh Fruit & Veggie Bar Milk Variety	30 BBQ Chicken Sandwich ✓ Roasted Potato Wedges ✓ Fresh Fruit & Veggie Bar Milk Variety	31 Homemade Goulash ✓ Garlic Breadstick ✓ Fresh Fruit & Veggie Bar Milk Variety	

This institution is an equal opportunity provider.