

 **BREAKFAST**

# SEPTEMBER 2025

## Elementary

All Complete Breakfast Meals are Free of Charge for Students

Complete Breakfast includes: 1 cup Milk

1 cup Fruit and/or 100% Juice

1 to 2 Grain servings

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

1

2

3

4

5

**WELCOME  
BACK !!**

Whole Grain  
Blueberry  
Muffin Top

Cold  
Cereal

8

9

10

11

12

Cereal  
Bar

Warm  
Mini Cinni

Cold  
Cereal

Mini  
French Toast

Yogurt  
With  
Graham Crackers

15

16

17

18

19

Cold  
Cereal

Mini  
Waffles

Whole Grain  
Glazed Donut  
Holes

Cream Cheese  
Stuffed  
Bagel

Cereal  
Bar

22

23

24

25

26

Whole Grain  
Blueberry  
Muffin Top

Cherry or Apple  
Frudel

Yogurt  
With  
Graham Crackers

Warm  
Mini Cinni

Cold  
Cereal

29

30

Cereal  
Bar

Mini  
French Toast

Meals are being provided as "Grab and Go" to Elementary students as they arrive at School

Menu is Subject to Change

WCV and USDA are equal opportunity providers and employers

 **PAY FOR MEALS ONLINE**  
[MySchoolBucks.com](https://www.MySchoolBucks.com)

# SEPTEMBER 2025

## Elementary

All Complete Lunches are Free of Charge for Students

Complete Lunch Includes at least 3 items

(one must be Fruit or Veg)

Choices of Fruit and Veg, Whole Grains, Meat or Meat Alt., 1% or Chocolate Fat Free Milk

Monday

Tuesday

Wednesday

Thursday

Friday

1

**WELCOME BACK !!** 2



3



4

Chicken Patty on Whole Grain Bun  
Tater Tots  
Buttered Corn  
Fruit of the Day

5

Ham & Cheese Melt on WG Kaiser Roll  
Mini Pretzels  
Sliced Cucumber/Carrot Sticks  
Fruit of the Day

8

Oven Roasted Chicken  
Seasoned Rice  
Steamed Broccoli  
Fruit of the Day

9

Tacos on Crunchy Shells  
Variety of Toppings  
Refried Beans  
Buttered Corn  
Fruit Crisp

10

Burger on WG Bun  
Variety of toppings  
Steamed Carrots  
Celery Sticks  
Fruit of the Day

11

Homemade Pizza  
Chopped Romaine Salad w/dressing  
Sliced Cucumber  
Fruit of the Day

12

BBQ Pork Rib On WG Kaiser Roll  
Sweet Potato Fries  
Celery Sticks  
Fruit of the Day

15

Chicken Tenders  
Mixed Green Salad w/dressing  
Peas  
Fruit of the Day

16

Tacos with Tortilla Chips  
Variety of Toppings  
Refried Beans  
Corn  
Fruit of the Day

17

Meatball Sub  
French Fries  
Steamed Broccoli  
Fruit of the Day

18

Tony's Cheese Pizza  
Tossed Salad w/dressing  
Fresh Veggie Sticks  
Fruit of the Day

19

**BRUNCH**  
Mini Pancakes  
Sausage Link  
Hash Brown  
Carrot Sticks  
Fruit of the Day

22

Popcorn Chicken  
Mashed Potatoes  
Corn  
Fruit of the Day

23

Chicken Wraps w/lettuce + Cheese  
Grape Tomatoes  
Fruit of the Day

24

All Beef Hot Dog On WG Bun  
Macaroni Salad  
Veggie Beans + Sliced Cukes  
Fruit of the Day

25

Big Daddy Pizza  
Chopped Romaine Salad w/dressing  
Celery Sticks  
Fruit of the Day

26

Burger on WG Bun  
Variety of toppings  
Smile Fries  
Cooked Sliced Carrots  
Fruit of the Day

29

Chicken Patty on WG Bun  
Sweet Potato Puffs  
Green Beans  
Fruit of the Day

30

Tacos on Crunchy Shells  
Variety of Toppings  
Refried Beans  
Buttered Corn  
Fruit Crisp

\*\*Variety of Fresh or canned Fruits and Juices available daily

\*\*Fresh Garden Salads offered on Tues/Wed/Thurs as available

\*\*Peanut Butter+Jelly and rotating variety of cold sandwiches offered Daily

Snacks and A la Carte items sold separately

WCV and USDA are equal opportunity

Employers and Providers

**Menu Subject to Change**

**Lunches that do not meet "Complete" standards will be charged as A la Carte**



# SEPTEMBER 2025

WCV High School/Middle School

All Complete Breakfast Meals are Free of Charge for Students

Complete Breakfast includes: 1 cup Milk

1 cup Fruit and/or 100% Juice

2 Grain servings

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 <b>Welcome Back !!</b>	4 Variety Breakfast Bars	5 Variety Cold Cereal
8 Warm Mini Cinni	9 Breakfast Pizza	10 Variety Cold Cereal	11 Breakfast Sandwich	12 Yogurt With Graham Crackers
15 Variety Cold Cereal	16 Breakfast Pizza	17 Mini Waffles	18 Breakfast Sandwich	19 Variety Cereal Bars
22 Pancake with Sausage On a Stick	23 Breakfast Pizza	24 Cherry or Apple Frudel	25 Breakfast Sandwich	26 Yogurt With Graham Crackers
29 Variety Cereal Bars	30 Breakfast Pizza			

Breakfast is available from 7:25-8:00 am in High School Cafeteria

Menu is Subject to Change

WCV and USDA are equal opportunity providers and employers





# SEPTEMBER 2025

## WCV High School/Middle School

All Complete Lunches are Free of Charge for Students

Complete Lunch Includes at least 3 items

(one must be Fruit or Veg)

Choices of Fruit and Veg, Whole Grains, Meat or Meat Alt., 1% or Chocolate Fat Free Milk

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 <b>WELCOME BACK!!</b>	3 	4 Chicken Patty on Whole Grain Bun Tater Tots Buttered Corn Fruit of the Day	5 Ham and Cheese Melt on WG Kaiser Roll Mini Pretzels Sliced Cucumbers/Carrot Stix Fruit of the Day
8 Oven Roasted Chicken Seasoned Rice Steamed Broccoli Whole Grain Roll Fruit of the Day	9 Tacos on Crunchy Shells Variety of Toppings Refried Beans Buttered Corn Fruit Criso	10 Burger on WG Bun Variety Toppings Steamed Carrots Celery Sticks Oatmeal Raisin Cookie Fruit of the Day	11 Homemade Pizza Chopped Romaine Salad With Dressing Sliced Cucumbers Fruit of the Day	12 BBQ Pork Rib on WG Kaiser Roll Sweet Potato Fries Celery Sticks Fruit of the Day
15 Chicken Tenders WG Dinner Roll Mixed Green Salad w/dressing Peas Fruit of the Day	16 Tacos with Tortilla Chips Variety of Toppings Refried Beans Buttered Corn Fruit of the Day	17 Meatball Sub French Fries Steamed Broccoli Fruit of the Day	18 Tony's Cheese Pizza Tossed Salad w/ dressing Fresh Veggie Sticks Fruit & Yogurt Parfait	19 <b>BRUNCH</b> Breakfast Egg Casserole Warmed Bagels Carrot sticks Fruit of the Day
22 Popcorn Chicken Bowl w/WG Roll (mashed potato & corn) Fresh Veggie Sticks Fruit of the Day	23 Caesar Chicken Salad w/Romaine Lettuce Fresh Tomato Wedges Garlic Breadstick Fruit of the Day	24 All Beef Hot Dog On WG Bun Macaroni Salad Cucumbers & Veggie Beans Fruit of the Day	25 French Bread Pizza Tossed Salad w/dressing Celery Sticks Fruit of the Day	26 Burger on WG Bun Variety of toppings Smile Fries Cooked Sliced Carrots Fruit of the Day
29 Chicken Patty on WG Bun Sweet Potato Puffs Green Beans Fruit Crisp	30 Tacos on Crunchy Shells Variety of toppings Refried Beans Buttered Corn Fruit & Yogurt w/Granola			

\*\*Variety of Fresh or canned Fruits and Juices available daily

\*\*Fresh **Garden Salads** offered on Tues/Wed/Thurs as available

\*\*Peanut Butter+Jelly and rotating variety of cold **sandwiches** offered Daily

Snacks and A la Carte items sold separately

WCV and USDA are equal opportunity

Employers and Providers

Menu Subject to Change

**\*\* LUNCHES not meeting the Complete Meal standards will be charged as A la Carte \*\***



2025

# SEPTEMBER

WCV Pre K Breakfast and Lunch



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2	<b>See You Soon!!</b>	3		4	<b>Excited to Meet You!!</b>	5	
8	Cereal Bar  Baked Chicken Seasoned Rice Broccoli Fruit of the Day	9	Blueberry Muffin  Ham Rolls + Cheese Sticks Whole grain Dinner Roll Buttered Corn Fruit of the Day	10	Cold cereal  Tuna Sandwich Steamed Carrots Fruit of the Day	11	Mini French Toast  Big Daddy Pizza Sliced Cucumbers Fruit of the Day	12	Yogurt + Graham Crackers  Turkey Rolls + Cheese Sticks Goldfish Pretzels Baby Carrots Fruit of the Day
15	Cold cereal  Chicken Tenders Baby Carrots Fruit of the Day	16	Mini Waffles  Tacos on Tortilla Chips Lettuce/cheese Buttered Corn Fruit of the Day	17	Whole Grain Donut Holes  Meatballs with Sauce Whole Grain Dinner Roll Broccoli Fruit of the Day	18	Yogurt + Graham Crackers  English Muffin Pizza Tossed Salad Fruit of the Day	19	Cereal Bar  Mini Pancakes Sausage Link Hash Brown Potato Fruit of the Day
22	Blueberry Muffin Top  Popcorn Chicken Buttered Corn Fruit of the Day	23	Cold Cereal  Turkey Rolls + Cheese Stick Goldfish Pretzels Sliced Cucumbers Fruit of the Day	24	Cereal Bar  Yogurt Parfait cups Baby Carrots Fruit of the Day	25	Mini French Toast  Big Daddy Pizza Tossed Salad Fruit of the Day	26	Cold Cereal  Mini Bagel with Egg + Cheese French Fries Fruit of the Day
29	Cereal Bar  Chicken Tenders Green Beans Fruit of the Day	30	Mini French Toast  Tacos on Tortilla Chips Lettuce/cheese Buttered Corn Fruit of the Day	<p><b>All Complete Meals are Free of Charge</b> for All Pre K Students <b>Complete Meals Include:</b>  <b>Breakfast Meals:</b> ¾ c. 1% Milk, ½ c. 100% Juice or Fruit, ½ Serving Grain  <b>Lunch Meals:</b> ¾ c. 1% Milk, 1.5– 3 oz. Meat/meat alternative, ¼ c. Vegetable, ¼ c. Fruit, ½ serving Grain</p> <p>All Pre K students will be offered the meals each day.  <i>Menu is subject to change</i> WCV and USDA are equal opportunity Providers and employers.</p>					