

OCTOBER 2025 WCV 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 Cold Cereal	2 Frudel	3 Whole Grain Muffin Top
6 Cereal Bar	7 Warm Mini Cinni	8 Cold Cereal	9 Mini French Toast	10 Yogurt With Graham Crackers
13 Cold Cereal	14 Mini Waffles	15 Whole Grain Glazed Donut Holes	16 Cream Cheese Stuffed Bagels	17 Cereal Bar
20 Whole Grain Muffin	21 Frudel	22 Yogurt With Graham Crackers	23 Warm Mini Cinni	24 Cold Cereal
27 Cereal Bar	28 Mini French Toast	29 Cold Cereal	30 Mini Waffles	31 Whole Grain Muffin Top

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





OCTOBER 2025

WCV 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

Turkey Sub on WG Roll **1**
Lettuce/Tomato
Mini Pretzels
Carrot Sticks
Fruit of the Day

Homemade Pizza **2**
Romaine Salad w/Dressing
Celery Sticks
WG Cheese crackers
Fruit of the Day

BBQ Pork Rib on WG Kaiser Roll **3**
Tater Tots
California Mix Veggies
Fruit of the Day

Oven Roasted Chicken **6**
WG Dinner Roll
Seasoned Rice
Cucumber+Tomato Salad
Fruit of the Day

Taco with Crunch Shell **7**
Variety of Toppings
Refried Beans
Corn
Fruit of the Day

Burger on WG Bun **8**
Cooked Carrot Coins
Celery Sticks
Fruit of the Day

Big Daddy Pizza **9**
Tossed Salad with Dressing
Carrot sticks
Fruit of the Day

Grilled Cheese **10**
Sandwich
Smile Fries
Steamed Broccoli
Fruit of the Day

Chicken Tenders **13**
Fresh Veggie Boat
Peas
Fruit of the Day

Taco with Tortilla Chips **14**
Variety of Toppings
Refried Beans
Corn
Fruit of the Day

Meatball Sub on WG Roll **15**
French Fries
Steamed Broccoli
Fruit of the Day

Tony's Cheese Pizza **16**
Mixed Greens Salad w/Dressing
Sliced Cucumbers
Fruit of the Day

BRUNCH **17**
Mini French Toast
Sausage Patty
Hash Brown Carrot Sticks
Fruit of the Day

Popcorn Chicken **20**
Garlic Mashed Potatoes
Buttered Corn
Fruit of the Day

Chicken Wrap **21**
With Lettuce & Cheese
Grape Tomato Salad
Fruit of the Day

½ Day of School **22**
NO LUNCH

Cheese Pizza Sticks **23**
With Dipping Sauce
Tossed Salad w/Dressing
Celery Sticks
Fruit of the Day

Burger on WG Bun **24**
Tater Tots
Cooked Carrot Coins
Fruit of the Day

Chicken Nuggets **27**
Green Beans
Smile Fries
Fruit of the Day

Taco with Soft Shell **28**
Variety of Toppings
Refried Beans
Corn
Fruit of the Day

Tomato Soup **29**
Turkey Sub on WG Roll
Lettuce/Tomato
Chips Carrot Sticks
Fruit of the Day

Big Daddy Pizza **30**
Tossed Salad w/Dressing
Sliced Cucumbers
Fruit of the Day

Ham & Cheese Melt **31**
Mini Pretzels
Marinated Tomato Wedges
Fruit of the Day
****SPOOKY DESSERT****

**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



PAY FOR MEALS ONLINE

MySchoolBucks.com

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

Monday

Tuesday

Wednesday

Thursday

Friday

		Variety Cold Cereal 1	Breakfast Sandwich 2	Whole Grain Muffin 3
Cereal Bar 6	Breakfast Pizza 7	Warm Mini Cinni 8	Breakfast Sandwich 9	Yogurt With Granola Bites 10
Variety Cold Cereal 13	Breakfast Pizza 14	Waffle Sticks 15	Breakfast Sandwich 16	Whole Grain Muffin 17
Cereal Bar 20	Breakfast Pizza 21	Frudel 22	Breakfast Sandwich 23	Yogurt With Granola Bites 24
Variety Cold Cereal 27	Breakfast Pizza 28	Mini French Toast 29	Breakfast Sandwich 30	Warm Donut Holes 31



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

Menu is Subject to Change

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

LUNCH

OCTOBER 2025

WCV High school/Middle school

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



6
Oven Roasted Chicken
WG Dinner Roll
Seasoned Rice
Cucumber&Tomato Salad
Fruit of the day

7
Taco on Crunchy Shell
Variety of Toppings
Refried Beans
Corn
Fruit of the Day

8
Burger on WG Bun
Cooked Carrot Coins
Celery Sticks
Fruit of the Day

9
Tony's Mini Pizza
Tossed Salad with Dressing
Carrot Sticks
Fruit of the Day

10
Grilled Cheese Sandwich
Smile Fries
Steamed Broccoli
Fruit of the Day

13
Chicken Tenders
WG Dinner Roll
Fresh Veggie Boat
Peas
Fruit of the Day

14
Taco with Tortilla Chips
Variety of Toppings
Refried Beans
Corn
Fruit of the Day

15
Meatballs in Sauce
With Pasta
WG Breadstick
Green Beans
Fruit of the Day

16
Homemade Pizza
Mixed Green Salad
With dressing
Sliced Cucumbers
Fruit of the Day

17 BRUNCH
Waffles
Hash Brown & Sausage
Carrot Sticks
Fruit of the Day

20
Popcorn Chicken Bowl
With Potato & Corn
WG Biscuit
Fruit of the Day

21
Fajita Chicken Wrap
With Peppers & Onions
Grape Tomato Salad
Fruit of the Day

22
½ Day
NO LUNCH

23
Cheese Pizza Sticks
With Dipping Sauce
Tossed salad with Dressing
Celery Sticks
Fruit of the Day

24
Burger on WG Bun
Tater Tots
Cooked Carrot Coins
Fruit of the Day

27
Chicken Nuggets
WG Dinner Roll
Green Beans
Smile Fries
Fruit of the Day

28
Taco on Soft Shell
Variety of toppings
Refried Beans
Corn
Fruit of the Day

29
Tomato Soup
Turkey Sub on WG Roll
Lettuce & Tomato
Chips * Carrot Sticks
Fruit of the Day

30
French Bread Pizza
Mixed Green Salad
With Dressing
Sliced Cucumbers
Fruit of the Day

31
Ham & Cheese Melt
Mini Pretzels
Marinated Tomato Wedges
Fruit of the Day
"Spooky Dessert"

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

Snacks and A la Carte items sold separately

Menu Subject to Change

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

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

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

2025

OCTOBER

WCV Pre-K Breakfast and Lunch



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p>All Complete Meals are Free of Charge for All Pre K Students Complete Meals Include: Breakfast Meals: ¼ c. 1% Milk, ½ c. 100% Juice or Fruit, ½ Svc Grain Lunch Meals: ¾ c. 1% Milk, 1.5– 3 oz. Meat/meat alt, ¼ c. Vegetable, ¼ c. Fruit, ½ serving Grain All Pre K students will be offered the meals each day.</p>				<p>1 Cold Cereal Turkey Rolls and Cheese Sticks Mini Pretzels Carrot sticks Fruit of the Day</p>		<p>2 Yogurt with Granola Bites English Muffin Pizza Tossed Salad Fruit of the Day</p>		<p>3 Whole Grain Muffin Top Smuckers Uncrustable PBJ Tater Tots Fruit of the Day</p>	
<p>6 Cereal Bar Baked Chicken Legs WG Dinner Roll Fresh Veggie Sticks Fruit of the Day</p>		<p>7 Waffle Sticks Ham Rolls and Cheese Sticks Mini Pretzels Corn Fruit of the Day</p>		<p>8 Cold cereal Chicken Nuggets Carrots Fruit of the Day</p>		<p>9 Mini French Toast Big Daddy Pizza Sliced Cucumbers Fruit of the Day</p>		<p>10 Yogurt with Granola Bites Grilled Cheese Sandwich Smile Fries Fruit of the Day</p>	
<p>13 Cold Cereal Chicken Tenders Peas Fruit of the Day</p>		<p>14 Mini Waffles Taco with Tortilla Chips Corn Fruit of the Day</p>		<p>15 Cereal Bar Meatballs in Sauce WG Dinner Roll Fruit of the Day</p>		<p>16 Yogurt with Granola Bites English Muffin Pizza Tossed Salad Fruit of the Day</p>		<p>17 Cold Cereal Brunch Mini French Toast Yogurt Cup Carrot Sticks Fruit of the Day</p>	
<p>20 Whole Grain Muffin Top Popcorn Chicken Corn Fruit of the Day</p>		<p>21 Cold cereal Turkey Rolls and Cheese Sticks WG Dinner Roll Fruit of the Day</p>		<p>22 ½ Day NO LUNCH</p>		<p>23 Mini French Toast Cheese Pizza Sticks Dipping Sauce Celery Sticks Fruit of the Day</p>		<p>24 Cold Cereal Mini Bagel with Egg and Cheese Tater Tots Fruit of the Day</p>	
<p>27 Cereal Bar Chicken Nuggets Green Beans Fruit of the Day</p>		<p>28 French Toast Sticks Smuckers Uncrustable PBJ Corn Fruit of the Day</p>		<p>29 Cold Cereal Ham Rolls WG Dinner Roll Tossed Salad Fruit of the Day</p>		<p>30 Mini Waffles Big Daddy Pizza Carrot Sticks Fruit of the Day</p>		<p>31 Warm Donut Holes Grilled Cheese Sandwich Sliced Cucumbers Fruit of the Day “SPOOKY DESSERT”</p>	