

Lunch Menu

Orange East Waits River Valley School

October
2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

CELEBRATE
NATIONAL
DESSERT DAY!,
OCT 14TH! FREE
COOKIES WITH
EVERY MEAL!

Tuesday

Wednesday

HARVEST OF THE
MONTH! VT
GROWN WINTER
SQUASH SERVED
THROUGHOUT
THE MONTH!

Thursday

Friday

5 Cheeseburger 🍔
Crispy Potato Puffs 🍟

6 Mission Burrito 🌯
Vegetable Rice Pilaf
Corn & Black Bean
Salad 🥗
Salsa Cup
Sour Cream PC

7 Beef Hot Dog on
Bun 🌭
Baked Sweet Potato

8 Pulled Pork Sliders 🍔
Cinnamon
Applesauce 🍏

9 Cheesy Stuffed
Bread Sticks 🍞
Tomato Sauce

12

13 Nachos Grande
Whole Wheat Dinner
Roll 🌯

14 Tomato Soup
Two Cheese Grilled
Cheese Meltedown
Café ☕
Crispy Potato Puffs 🍟

15 Sloppy Joe on a Bun 🌭
Oven Baked Fries

16 Barbecue Rib
Sandwich 🍔
Baked Potato Wedges

19 Chicken with Gravy
Brown Rice 🍚
Whole Wheat Dinner
Roll 🌯

20 Tot Spot's Loaded
Nacho Tater Tots 🍟
Sour Cream
Salsa
Whole Wheat Dinner
Roll 🌯

21 Cheeseburger Mac &
Cheese
Whole Wheat Dinner
Roll 🌯

22 Chicken Corn Dog
Crispy Potato Puffs 🍟

23 Wing Shack Chicken
Wings 🍗
Celery & Carrot
Sticks w/ Low Fat
Dressing
Whole Wheat Dinner
Roll 🌯

26 Homemade Pasta &
Meatballs 🍝
Homemade Garlic
Bread

27 Crispy Tacos 🌮
Sour Cream
Mild Salsa

28 General Tso's
Chicken 🍗
Vegetable Fried Rice
Whole Wheat Dinner
Roll 🌯

29 Chicken and Waffles
Sweet Potato Hash

30 Beef Goulash 🍖
Whole Wheat Dinner
Roll 🌯



View this menu on the mobile app, FDMealPlanner, or on the web at www.FDMealPlanner.com.

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

**Menu is subject to change, notice posted when available. If you have a food allergy, or intolerance, please notify us.

***In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex

(including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider.

OFFERED DAILY: Main
Line Hot Vegetable,
FRUIT AND SALAD BAR,
FRESH PIZZA, TO ORDER
DELI SANDWICH AND
NACHOS

1% White and Skim

Chocolate milk available
during lunch
Vegetarian Made With Natural Ingredients

Meals Are Free To All Students

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Adult Breakfast \$3.00 Adult Lunch \$4.75

Milk \$0.50

Questions, Contact Michael Flies

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