

Dinner Menu

Orange East Waits River Valley School

October
2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

FEATURED HARVEST OF THE MONTH VT
GROWN :

WINTER SQUASH!

**SERVED THROUGHOUT THE
MONTH!**

5 Chicken and Waffles
Baked Potato Wedges
Maple Syrup
Fresh Apple Slices 🍏
Unflavored Low Fat
Milk

6 Nachos with Cheese
🌱 🌻
Apple Slices 🍏
Fresh Baby Carrots
Unflavored Low Fat
Milk

7 Crispy Chicken
Sandwich 🍌
Diced Pears In Juice
🍏
Crispy Potato Puffs 🌻
Unflavored Low Fat
Milk

1 Homemade Three
Cheese Stromboli 🌱
Celery
Lite Ranch Dressing
🍌
Fresh Banana 🍌
Unflavored Low Fat
Milk

2 Cheeseburger 🍔 🌻
Crispy Potato Puffs 🌻
Fresh Orange 🍊
Unflavored Low Fat
Milk

12

13 Chicken & Cheese
Quesadilla
Apple Slices 🍏
Fresh Baby Carrots
Unflavored Low Fat
Milk

14 Sweet & Sour
Chicken Sauce &
Toss 🍌 🍏
Diced Pears In Juice
🍏
Crispy Potato Puffs 🌻
Unflavored Low Fat
Milk

15 Triple Decker Grilled
Cheese 🌱
Crispy Potato Puffs 🌻
Homemade Garlic
Bread
Celery
Lite Ranch Dressing
🍌
Fresh Banana 🍌

16 Cheesy Stuffed
Bread Sticks 🌱
Tomato Sauce
Fresh Orange 🍊
Unflavored Low Fat
Milk

19 French Toast 🌱
Apple Slices 🍏
Sausage Patty
Baked Potato Wedges
Maple Syrup
Fresh Apple Slices 🍏
Unflavored Low Fat
Milk

20 Soft Tacos 🌱
Apple Slices 🍏
Fresh Baby Carrots
Unflavored Low Fat
Milk

21 Crispy Chicken
Sandwich 🍌
Diced Pears In Juice
🍏
Crispy Potato Puffs 🌻
Unflavored Low Fat
Milk

22 Chicken Corn Dog
Crispy Potato Puffs 🌻
Celery
Lite Ranch Dressing
🍌
Fresh Banana 🍌
Unflavored Low Fat
Milk

23 Cheese Pizza 🌱
Baby Carrots
Fresh Orange 🍊
Unflavored Low Fat
Milk

26 Nachos with Cheese
🌱 🌻
Apple Slices 🍏
Fresh Baby Carrots
Unflavored Low Fat
Milk

27 Baked Chicken
Tenders
Crispy Potato Puffs 🌻
Diced Pears In Juice
🍏
Unflavored Low Fat
Milk

28 Cheeseburger 🍔 🌻
Crispy Potato Puffs 🌻
Applesauce 🍏
Unflavored Low Fat
Milk

29 Mission Burrito 🍔 🌱
Fiesta Corn
Sauteed Cinnamon
Apple Slices
Unflavored Low Fat
Milk

30 Pancake, Egg and
Cheese Breakfast
Sandwich 🌱
Sausage Patty
Pork Mashed
Potatoes & Gravy
Bowl 🍌 🍏
Green Beans
Mandarin Orange



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.

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