OCTOBER 2026

West Canada Valley Pre-K Breakfast & Lunch

MY SCHOOL BUCKS — PAY FOR MEALS ONLINE — MySchoolBucks.com







Monday	Tuesday	Wednesday	Thursday	Friday
			1 Yogurt and Graham Crackers Big Daddy Pizza Fresh Veggie Sticks	**2** Blueberry Muffin Top Chicken Tenders WG Dinner Roll Corn
5 Cold Cereal Turkey Sub Mini pretzels Carrot sticks	**6** Plain Bagel w/ cream cheese Taco Beef w/toppings Tortilla Chips Corn	**7** Mini French Toast Macaroni & Cheese WG Dinner Roll Steamed Broccoli	**8** Breakfast Pizza Square English Muffin Pizza Sliced Cucumbers Fresh Veggie Sticks	**9** Yogurt and Graham Crackers Superintendent's Day Half Day No Lunch
12 Columbus Day No School	**13** Nutri Grain Bar Turkey Rolls + Cheese Stick Goldfish Pretzels Baby Carrots	**14** Mini Pancakes Roasted Chicken Potato Wedges Steamed Broccoli	**15** Breakfast Sandwich English Muffin Pizza Sliced Cucumbers Fresh Veggie Sticks	**16** Yogurt and Graham Crackers BBQ Pork Rib Sandwich Sweet Potato Fries Veggie Sticks
19 Cold Cereal Chicken Tenders WG Dinner Roll Corn	**20** Plain Bagel w/ cream cheese Chicken Wrap With lettuce and cheese Tomato Salad	**21** Mini Waffles Meatballs in Sauce WG Dinner Roll Steamed Broccoli	**22** Breakfast Pizza Square Turkey Mashed Potatoes Green Beans	**23** Yogurt and Graham Crackers Hamburger On a WG Bun French Fries Corn
26 Cold Cereal Chicken Tenders WG Dinner Roll Corn	**27** Nutri Grain Bar Ham Rolls + Cheese Stick Goldfish Pretzels Baby Carrots	**28** Mini French Toast Beef Hot Dog Sliced Cucumbers Veggie Beans	**29** Breakfast Sandwich Grilled Cheese Tomato Soup Green Beans	**30** Yogurt and Graham Crackers Popcorn Chicken French Fries Steamed Broccoli

All Complete Meals are Free of Charge for All Pre-K Students

Fruit Served daily with Lunch

Complete Meals Include: Breakfast Meals: ¾ c. 1% Milk, ½ c.100% Juice or Fruit, ½ Serving 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.

BREAKFAST

OCTOBER 2026

West Canada Valley Elementary

All Complete Meals are Free

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Cold Cereal	2 Mini French Toast
5 Whole Grain Chocolate Chip Muffin Top	6 Yogurt with Graham Crackers	7 Cereal Variety	8 Bagel with Cream Cheese	9 Cherry Frudel
12 Columbus Day No School	13 Cold Cereal	14 Apple Cinnamon Oatmeal Round	15 Yogurt with Graham Crackers	16 Cereal Breakfast Bar
19 Warm Cinni Mini	20 Cereal Breakfast Bar	21 Mini Waffles	22 Cold Cereal	23 Apple Frudel
26 Cream Cheese Stuffed Bagel	27 Yogurt with Graham Crackers	28 Mini French Toast	29 Whole Grain Blueberry Muffin Top	30 Whole Grain Glazed Donut Holes

Available Daily: Fresh and Chilled Fruits, 100% Fruit Juices, Ice Cold NY Milk, Peanut Butter & Jelly Sandwiches, Deli Sandwich of The Day

Snacks, Beverages, and other A la Carte items are available for purchase

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LUNCH

OCTOBER 2026

West Canada Valley Elementary

All Complete Meals are Free

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Crispy Chicken Sandwich Buttered Corn Assorted Fruit	2 Big Daddy Pizza Chopped Romaine Salad Assorted Fruit
5 Turkey Sub w/ Lettuce and Tomato Mini Pretzels Carrot Sticks Assorted Fruit	6 Tacos on a Crunchy Shell w/Toppings Refried Beans Corn Assorted Fruit	7 Macaroni & Cheese Steamed Broccoli WG Dinner Roll Assorted Fruit	8 Tony's Pizza Tossed Salad w/Dressing Assorted Fruit	9 Superintendent's Day Half Day
12 Columbus Day No School	13 Tacos on a Soft Shell w/Toppings Refried Beans Corn Assorted Fruit	14 Oven Roasted Chicken WG Dinner Roll Steamed Broccoli Assorted Fruit	15 Big Daddy Pizza Tossed Salad w/Dressing Assorted Fruit	16 BBQ Pork Rib On a WG Kaiser Roll Sweet Potato Fries Assorted Fruit
19 Chicken Tenders WG Dinner Roll Butternut Squash Assorted Fruit	20 Chicken Wrap With Lettuce & Cheese Tomato Salad Assorted Fruit	21 Meatball Sub Tater Tots Assorted Fruit	22 Turkey with Gravy WG Dinner Roll Whipped Sweet Potatoes Assorted Fruit	23 Hamburger On a WG BUN French Fries Butternut Squash Assorted Fruit
26 Crispy Chicken Sandwich Maple Glazed Carrots Assorted Fruit	27 Ham & Cheese Melt on a WG Roll Sliced Cucumbers Assorted Fruit	28 All Beef Hot Dog on a WG Bun Macaroni Salad Sliced Cucumbers Assorted Fruit	29 Grilled Cheese Tomato Soup Green Beans Assorted Fruit	30 Popcorn Chicken Steamed Broccoli Florets Assorted Fruit

Available Daily: Fresh and Chilled Fruits, 100% Fruit Juices,
Ice Cold NY Milk, Peanut Butter & Jelly Sandwiches, Deli Sandwich of The Day
Hummus Cups & Veggie Sticks available daily

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A la Carte items are available
for purchase

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BREAKFAST

OCTOBER 2026

West Canada Valley HS/MS

All Complete Meals are Free

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Breakfast Sandwich	2 Mini French Toast
5 Whole Grain Blueberry Muffin Top	6 Breakfast Pizza	7 Cereal Variety	8 Breakfast Sandwich	9 Cherry Frudel
12 Columbus Day No School	13 Breakfast Pizza	14 Apple Cinnamon Oatmeal Round	15 Breakfast Sandwich	16 Cereal Breakfast Bar
19 Warm Cinni Mini	20 Breakfast Pizza	21 Mini Waffles	22 Breakfast Sandwich	23 Apple Frudel
26 Cream Cheese Stuffed Bagel	27 Breakfast Pizza	28 Mini French Toast	29 Breakfast Sandwich	30 Whole Grain Glazed Donut Holes

Available Daily: Fresh and Chilled Fruits, 100% Fruit Juices, Ice Cold NY Milk, Peanut Butter & Jelly Sandwiches, Deli Sandwich of The Day

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LUNCH

OCTOBER 2026

West Canada Valley HS/MS

All Complete Meals are Free



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Crispy Chicken Sandwich Buttered Corn Assorted Fruit	2 Tony's Pizza Chopped Romaine Salad Assorted Fruit
5 Turkey Sub w/ Lettuce and Tomato Mini Pretzels Carrot Sticks Assorted Fruit	6 Tacos on a Crunchy Shell w/Toppings Refried Beans Corn Assorted Fruit	7 Macaroni & Cheese Steamed Broccoli WG Dinner Roll Assorted Fruit	8 Homemade Pizza Tossed Salad w/Dressing Assorted Fruit	9 Superintendent's Day Half Day
12 Columbus Day No School	13 Tacos on a Soft Shell w/Toppings Refried Beans Corn Assorted Fruit	14 Oven Roasted Chicken WG Dinner Roll Steamed Broccoli Assorted Fruit	15 Tony's Cheese Pizza Tossed Salad w/Dressing Fresh Veggie Sticks Assorted Fruit	16 BBQ Pork Rib On a WG Kaiser Roll Sweet Potato Fries Fresh Veggie Sticks Assorted Fruit
19 Chicken Tenders WG Dinner Roll Butternut Squash Assorted Fruit	20 Chicken Wrap With Lettuce & Cheese Tomato Salad Assorted Fruit	21 Meatball Sub Tater Tots Assorted Fruit	22 Turkey with Gravy WG Dinner Roll Whipped Sweet Potatoes Green Beans Assorted Fruit	23 Hamburger on a WG Roll French Fries Assorted Fruit
26 Crispy Chicken Sandwich Maple Glazed Carrots Assorted Fruit	27 Ham & Cheese Melt on a WG Roll Sliced Cucumbers Assorted Fruit	28 All Beef Hot Dog on a WG Bun Macaroni Salad Sliced Cucumbers Assorted Fruit	29 Grilled Cheese Tomato Soup Green Beans Assorted Fruit	30 Popcorn Chicken WG Dinner Roll Steamed Broccoli Florets Assorted Fruit

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