

MENUS

OCTOBER 2026

Monthly Promotion

October 12- 16 is National School Lunch Week! Join us in the Cafeteria Circus!

Did you know?

Staying active helps build strong bones and muscles, relieves stress, and protects your heart. Aim for 1 hour or more of physical activity every day. Do whatever you love to do – Just get moving!



Questions or Comments?

General Manger: Candice Whitbeck
Email: cwhitbeck@wsd7.org

This institution is an equal opportunity provider



Monday	Tuesday	Wednesday	Thursday	Friday
			1 <u>Breakfast</u> Chocolate Muffin Craisins 1% Milk <u>Lunch</u> Chicken Nuggets Green Beans Cinnamon Apples 1% Milk & Ketchup	2 <u>Breakfast</u> Strawberry Banana Yogurt Sliced Apples 1% Milk <u>Lunch</u> Delicious Cheese Pizza Crinkle Carrots Peaches 1% Milk
5	6	7	8	9
Fall Break				
12 <u>No School</u>	13 <u>Breakfast</u> Cinnamon Toast Crunch Apple Juice 1% Milk <u>Lunch</u> Cheese Nachos Refried Beans Peaches 1% Milk	14 <u>Breakfast</u> Strawberry Bagel Applesauce 1% Milk <u>Lunch</u> Hamburger Curly Fries Mandarin Oranges 1% Milk Ketchup	15 <u>Breakfast</u> Chocolate French Toast Orange 1% Milk <u>Lunch</u> Chicken Tenders Buttery Corn Oranges 1% Milk Ketchup	16 <u>Breakfast</u> Yogurt Craisins 1% Milk <u>Lunch</u> Delicious Cheese Pizza Italian Veggie Blend Pears 1% Milk
19 <u>Breakfast</u> Cinnamon Toast Crunch Cin Applesauce 1% Milk <u>Lunch</u> Creamy Chicken Alfredo Green Beans Oranges 1% Milk	20 <u>Breakfast</u> Blueberry Waffles Orange Juice 1% Milk <u>Lunch</u> Bean & Cheese Burrito Pinto Beans Applesauce 1% Milk	21 <u>Breakfast</u> Trix French Toast Fruit Punch 1% Milk <u>Lunch</u> Mac'n Cheese Spiced Green Beans Pineapple 1% Milk	22 <u>Breakfast</u> Blueberry Muffin Orange 1% Milk <u>Lunch</u> French Toast Sticks Smiley Fries Apple Slices 1% Milk Ketchup	23 <u>Breakfast</u> Honey Cheerios Banana 1% Milk <u>Lunch</u> Sausage Pizza Peppered Broccoli Pears 1% Milk
26 <u>Breakfast</u> Banana Muffin Fruit Punch 1% Milk <u>Lunch</u> French Bread Pizza Spiced Green Beans Mandarin Oranges 1% Milk	27 <u>Breakfast</u> French Toast Sticks Applesauce 1% Milk <u>Lunch</u> Chicken Nuggets Cheesy Refried Beans Orange Slices 1% Milk Ketchup	28 <u>Breakfast</u> Cinnamon Toast Crunch Peaches 1% Milk <u>Lunch</u> Chicken Sandwich Curly Fries Peaches 1% Milk Ketchup	29 <u>Breakfast</u> Blueberry Muffin Banana 1% Milk <u>Lunch</u> Cheeseburger Crinkle Cut Fries Applesauce 1% Milk Ketchup	30 <u>Breakfast</u> Halloween Parfait Craisins 1% Milk <u>Lunch</u> Delicious Cheese Pizza Crinkle Carrots Mixed Fruit 1% Milk