

Milk \$0.50
Juice \$0.35

Student Breakfast \$1.75
Adult Breakfast \$2.25

Student Lunch \$2.75
Adult Lunch \$3.75

2017	October		WCV Lunch Menu	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cereal Toast Fruit Orange Juice Skim or 1% Milk	Sausage French Toast Syrup Cup Fruit Orange Juice Skim or 1% Milk	Donut WG Vanilla Frosting Fruit Orange Juice Skim or 1% Milk	Breakfast Pizza Fruit Orange Juice Skim or 1% Milk	Biscuit White Gravy Fruit Orange Juice Skim or 1% Milk
02	03	04	05	06
Cold Cuts Sand. Baby Carrots Coleslaw Strawberries Ranch Dressing-HS ONLY	Chicken Fajita Whole Grain Tortilla Refried Beans Cucumbers Mixed Fruit Sour Cream-HS ONLY	12:30 DISMISSAL Macaroni & Cheese Garlic Toast Broccoli Cauliflower Mandarin Oranges	Meatballs Bread & Butter Baby Carrots Mashed Potatoes Applesauce	Hot Dog Whole Grain Bun French Fries Green Peppers Apple Baby Carrots
09	10	11	12	13
Turkey Burger/WG Bun Sweet Potato Fries Green Peppers Pineapple Ranch Dressing-HS ONLY	Quesadilla Pizza Corn Cucumbers Pears Sour Cream-HS ONLY	Goulash Cheese Breadstick Romaine Lettuce Tomato Peaches	Chicken Strips Bread & Butter Mashed Potatoes Celery Orange	Ham & Cheese Wrap Baby Carrots Baked Beans Mixed Fruit
16	17	18	19	20
BBQ Rib on Whole Grain Bun Potato Wedge Coleslaw Mandarin Oranges	Beef & Bean Nachos Carrots Refried Beans Applesauce	Chicken Alfredo Twist Broccoli Cauliflower Pineapple Garlic Toast-HS ONLY	SALAD DAY Ham Cottage Cheese Bread & Butter Romaine Lettuce Baby Carrots Peaches PB Sandwich-HS ONLY	Toasted Cheese Sand. Saltine Crackers Tomato Soup Green Peppers Pears
23	24	25	26	27
Shredded Beef Whole Grain Bun Potato Salad Cucumbers Watermelon	Burrito Baby Carrots Corn Mixed Fruit Ranch Dressing-HS ONLY	Lasagna w/Ground Beef Cheese Breadstick Romaine Lettuce Tomato Pineapple	Pork Chop Patty Bread & Butter Mashed Potatoes Green Peppers Applesauce	12:30 DISMISSAL Turkey & Cheese Wrap Baked Beans Cucumbers Grapes
30	31	01	02	03
Crispy Chicken Patty Whole Grain Bun Sweet Potato Fries Cucumbers Applesauce	Walking Taco Baby Carrots Lettuce & Cheese Pineapple	Spaghetti & Meat Sauce Garlic Toast Romaine Lettuce Tomato Pears	Chicken Nuggets Baked Beans Green Peppers Banana	Cheese Pizza Baby Carrots Corn Peaches Ch Chip Cookie-HS ONLY