



Cinnamon Roll Day is October 4. Start your day in a fun way with a cinnamon roll. Don't forget to add a glass of milk and a side of fruit to complete your meal!



BREAKFAST

MONDAY



WG French Toast Sticks
Sausage Link
Fruit
Milk or Juice

06

WG French Toast Sticks
Sausage Link
Fruit
Milk or Juice

13

WG French Toast Sticks
Sausage Link
Fruit
Milk or Juice

20

WG French Toast Sticks
Sausage Link
Fruit
Milk or Juice

27

TUESDAY



WG Pancakes with VT Maple Syrup
Bacon
Fruit
Milk or Juice

07

WG Pancakes with VT Maple Syrup
Bacon
Fruit
Milk or Juice

14

WG Pancakes with VT Maple Syrup
Bacon
Fruit
Milk or Juice

21

WG Pancakes with VT Maple Syrup
Bacon
Fruit
Milk or Juice

28

WEDNESDAY

Sausage, Egg & Cheese Sandwich on a WG English Muffin
Fresh Fruit
Milk or Juice

01

Sausage, Egg & Cheese Sandwich on a WG English Muffin
Fresh Fruit
Milk or Juice

08

Sausage, Egg & Cheese Sandwich on a WG English Muffin
Fresh Fruit
Milk or Juice

15

Sausage, Egg & Cheese Sandwich on a WG English Muffin
Fresh Fruit
Milk or Juice

22

Sausage, Egg & Cheese Sandwich on a WG English Muffin
Fresh Fruit
Milk or Juice

29

THURSDAY

WG Cinnamon Buns
Scrambled or Hard-boiled egg
Fruit
Milk or Juice

02

WG Cinnamon Buns
Scrambled or Hard-boiled egg
Fruit
Milk or Juice

09

WG Cinnamon Buns
Scrambled or Hard-boiled egg
Fruit
Milk or Juice

16

WG Cinnamon Buns
Scrambled or Hard-boiled egg
Fruit
Milk or Juice

23

WG Cinnamon Buns
Scrambled or Hard-boiled egg
Fruit
Milk or Juice

30

FRIDAY

Cabot Yogurt with fresh Berries and Granola
WG Muffin
Fresh fruit
Milk

03

Cabot Yogurt with fresh Berries and Granola
WG Muffin
Fresh fruit
Milk

10

Cabot Yogurt with fresh Berries and Granola
WG Muffin
Fresh fruit
Milk

17

Cabot Yogurt with fresh Berries and Granola
WG Muffin
Fresh fruit
Milk

24

Cabot Yogurt with fresh Berries and Granola
WG Muffin
Fresh fruit
Mil

31



Other options available daily- Yogurt, cheese stick, bagel, fresh fruit, Cereal and Yogurt Parfait

OCTOBER 2025



October is National Apple Month. Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?



MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

Sweet and sour Chicken over Rice
Broccoli
Fresh fruit
Milk **01**

Corn Dogs
 Tater tots
 Carrots
 Fresh fruit
 Milk **02**

Cheese or pepperoni Pizza on a WG Crust
 Garden Salad
 Fresh fruit
 Milk **03**

Chicken Broccoli Alfredo w/ WG Pasta
 WG Garlic Bread
 Fresh Fruit
 Milk **08**

Ham and Cheese Bage Melts on a WG Bagel
 Tater Tots
 Fresh fruit
 Milk **09**

No School **10**

WG Chop Suey
 WG Garlic Bread
 Broccoli
 Fresh Fruit
 Milk **15**

Baked Ham with Cheesy Potatoes
 Potatoes
 Fresh Fruit
 Milk **16**

Cheese or Pepperoni Pizza on a WG Crust
 Garden Salad
 Fresh Fruit
 Milk **17**

WG Ravioli
 WG Garlic Bread
 Broccoli
 Fresh Fruit
 Milk **22**

Chicken Tenders
 Tater Tots
 Fresh Fruit
 Milk **23**

Cheese or Pepperoni Pizza on a WG Crust
 Garden Salad
 Fresh Fruit
 Milk **24**

Cheeseburger on a WG Bun
 Lettuce and Tomato
 Fresh Fruit
 Milk **29**

Hot Dog on a WG Roll
 Baked Beans
 Fresh fruit
 Milk **30**

Cheese or Pepperoni Pizza on a WG Crust
 Garden Salad
 Fresh Fruit
 Milk **31**

Cheese or Chicken quesadilla on a WG Tortilla
 Fresh Guacamole, Salsa, Sour Cream and Mexican Rice
 Fresh fruit
 Milk **06**

BBQ Pulled Pork on a WG Bun
 Coleslaw
 Fresh Fruit
 Milk **07**

Chicken Burger on a WG Bun
 Potato Wedges
 Peas
 Fresh fruit
 Milk **14**

No School **13**

Shepherd Pie
 WG Biscuit
 Fresh Fruit
 Milk **21**

BBQ Rib Sandwich on a WG Hoagie Roll
 Cole Slaw
 Fresh Fruit
 Milk **20**

WG Spaghetti and meatballs
 WG Garlic Bread
 Fresh fruit
 Milk **28**

Beef Tacos or Nachos
 Fresh Guacamole, Salsa, Sour Cream and Mexican Rice
 Fresh Fruit
 Milk **27**



choice bar will be offered daily with seasonal veggies
 *Other items offered daily, PB and Jelly Sandwich, Cheese Stick, yogurt, oatmeal Bar, Yogurt Parfaits
 *Students may mix and match items from the menu and choice bar to create a Healthy reimbursable meal

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