



OCTOBER 2026

WAF CVES

Every day we offer a delicious
and varied salad bar filled with
fresh fruits and vegetables!

Monday

Tuesday

Wednesday

Thursday

Friday

We Proudly Use These Local Vendors!

Juniper Hill Farm- Produce + Fresh Eggs
Essex Food Hub – Apples / Pasta
North Country Creamery - Yogurt
Lucki7 - Beef
Glaziers - Milk

5
Chicken Cantina Bowl
Brown Rice
Beans / Corn / Jalapenos
Fruits and Vegetables
Milk

6
Cheeseburger Wrap
Lettuce, Tomato, Onion, Pickles
Macaroni Salad
Fruits and Vegetables
Milk

7
Chicken Parmesan Sub
Caesar Salad
Fruits and Vegetables
Milk

Brunch for Lunch! 8
Sheet Pan Pancakes
Maple Syrup / Sausage / Eggs
Yogurt / Granola / Berries
Fruits and Vegetables
Milk

9
Cheese / Pepperoni Pizza
Specialty Pizza
Homemade Dessert
Fruits and Vegetables
Milk

12
NO SCHOOL

Columbus Day

13
Chicken Nachos
Homemade Cheese Sauce
Brown Rice
Beans / Corn
Fruits and Vegetables
Milk

14
Meatball Subs
Pasta Salad
Fruits and Vegetables
Milk

15
Chicken Teriyaki
Vegetable Fried Rice
Fruits and Vegetables
Milk

16
Cheese / Pepperoni Pizza
Specialty Pizza
Homemade Dessert
Fruits and Vegetables
Milk

19
Greek Chicken Gyros
Spinach / Feta / Tzatziki
Fruits and Vegetables
Milk

20
Beef Tacos
Hard / Soft Shell
Brown Rice
Beans / Corn
Fruits and Vegetables
Milk

21
Butternut Squash Macaroni and
Cheese
Seasoned Chicken
Fruits and Vegetables
Milk

22
Grilled Cheese
Homemade Soup
Fruits and Vegetables
Milk

23
Cheese / Pepperoni Pizza
Specialty Pizza
Homemade Dessert
Fruits and Vegetables
Milk

26
Specialty Quesadillas
Buffalo Chicken / Pizza / BBQ
Chips + Salsa
Fruits and Vegetables
Milk

27
Goulash
Garlic Bread
Roasted Broccoli
Fruits and Vegetables
Milk

Brunch for Lunch! 28
Homemade Waffles
Maple Syrup / Sausage / Eggs
Yogurt / Granola / Berries
Fruits and Vegetables
Milk

29
BBQ Chicken Sandwich
Coleslaw / Baked Beans
Fruits and Vegetables
Milk

30
Homemade Calzones
Pepperoni / Cheese
Marinara Sauce
Fruits and Vegetables
Milk

WAF encourages all students to select a complete meal containing all 5 food components at lunch.

Students must select at least 3 food components, with one of the food components being at least ½ cup of fruit or vegetable to constitute a reimbursable meal.

Alternate lunch choices are PB&J or Egg Salad Sandwich. All students eat free meals! If you have a food allergy, please notify us.