WRSD/BPU Breakfast menu
OCTOBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
10/5	10/6	10/7	10/8	10/9
Doughnut Muffin OR Assorted Cereal Fresh Whole Fruit 1% or Fat Free Milk	Bagel w/Spread OR Assorted Cereal Fresh Whole Fruit 1% or Fat Free Milk	Danimals Yogurt with Cinnamon Goldfish OR Assorted Cereal Fresh Whole Fruit 1% or Fat Free Milk	Assorted Cereal Fresh Whole Fruit 1% or Fat Free Milk	Blueberry Belvita Breakfast Biscuit OR Assorted Cereal Fresh Whole Fruit 1% or Fat Free Milk
10/12	10/13	10/14	10/15	10/16
NO SCHOOL	Assorted Cereal Fresh Whole Fruit 1% or Fat Free Milk	Bagel w/Spread OR Assorted Cereal Fresh Whole Fruit 1% or Fat Free Milk	Pumpkin Streusel Muffin OR Assorted Cereal Fresh Whole Fruit 1% or Fat Free Milk	Belvita Blueberry Breakfast Biscuit OR Assorted Cereal Fresh Whole Fruit 1% or Fat Free Milk
10/19	10/20	10/21	10/22	10/23
Spiced Apple Muffin OR Assorted Cereal Fresh Whole Fruit 1% or Fat Free Milk	Bagel w/Spread OR Assorted Cereal Fresh Whole Fruit 1% or Fat Free Milk	Danimals Yogurt with Cinnamon Goldfish OR Assorted Cereal Fresh Whole Fruit 1% or Fat Free Milk	Wild Blueberry Muffin OR Assorted Cereal Fresh Whole Fruit 1% or Fat Free Milk	Blueberry Belvita Breakfast Biscuit OR Assorted Cereal Fresh Whole Fruit 1% or Fat Free Milk
10/26	10/27	10/28	10/29	10/30
Pumpkin Streusel Muffin OR Assorted Cereal **National Pumpkin Day** Fresh Whole Fruit 1% or Fat Free Milk	Assorted Cereal Fresh Whole Fruit 1% or Fat Free Milk	Bagel w/Spread OR Assorted Cereal Fresh Whole Fruit 1% or Fat Free Milk	Spiced Apple Muffin OR Assorted Cereal Fresh Whole Fruit 1% or Fat Free Milk	Belvita Blueberry Breakfast Biscuit OR Assorted Cereal Fresh Whole Fruit 1% or Fat Free Milk
		Menu items are subject to change		

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WRSD/BPU LUNCH Menu
OCTOBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
10/5	10/6	10/7	10/8	10/9
Chicken Patty Sandwich, Baked Beans, Green beans	Penne Alfredo with Steamed Broccoli & Carrots	Pancakes, Sausage, Tater Tots, and Syrup	Seasoned Rice, Local Stewed Beans w/ Green Beans & Corn	Cheese Pizza with Steamed Carrots & Broccoli
10/12	10/13	10/14	10/15	10/16
NO SCHOOL	Loaded Baked Potato w/Cheese sauce, Broccoli, and Roll	Pasta w/Marinara & Meatballs, Broccoli, and Carrots	Turkey Ham & Cheese Sandwich w/Bean Salad	Cheese Pizza with Steamed Carrots & Green Beans
10/19	10/20	10/21	10/22	10/23
Cheeseburger with Baked Beans, Tater Tots	Chicken & Waffles, Sweet Potato, Baked Beans **Happy National Chicken & Waffles Day!**	Mac & Cheese, Broccoli, Carrots	Bagged lunch Options: Turkey and cheese Cheese only	Cheese Pizza with Steamed Carrots & Broccoli
10/26	10/27	10/28	10/29	10/30
Cheese Nachos, Fiesta Corn & Black Bean Salsa & Baby Carrots	**Hawaiian Pineapple Chicken Bowl with Carrots, Green beans**	Plant-based Lazy Lasagna, Broccoli, Carrots	Cheddar Chicken Bowl, Mashed Potatoes, Roll	Cheese Pizza with Steamed Carrots & Green Beans
Offered Daily: Cheese Sandwich with Bean Salad Assorted Fresh Fruit White Milk				
			Menu items are subject to change	

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WRSD Breakfast menu
OCTOBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
10/5	10/6	10/7	10/8	10/9
Doughnut Muffin OR Assorted Cereal Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Bagel w/Spread OR Assorted Cereal Cheese Stick Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Wild Blueberry Pocket OR Assorted Cereal Local Granola Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	**OATrageous Mango Overnight Oats** OR Assorted Cereal Scooby Snacks Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Blueberry Belvita Biscuit OR Assorted Cereal Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
10/12	10/13	10/14	10/15	10/16
NO SCHOOL	Nutri-Grain Bar OR Assorted Cereal Cheese Stick Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	**Apple Strudel Pastry** OR Assorted Cereal Local Granola Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Raspberry Roll OR Assorted Cereal Scooby Snacks Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Blueberry Belvita Biscuit OR Assorted Cereal Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
10/19	10/20	10/21	10/22	10/23
Spiced Apple Muffin OR Assorted Cereal Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Bagel w/Spread OR Assorted Cereal Local Granola Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Yogurt & Granola OR Assorted Cereal Cheese Stick Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Wild Blueberry Muffin OR Assorted Cereal Scooby Snacks Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Blueberry Belvita Biscuit OR Assorted Cereal Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
10/26	10/27	10/28	10/29	10/30
Pumpkin Streusel Muffin OR Assorted Cereal **National Pumpkin Day** Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Spiced Apple Pocket OR Assorted Cereal Local Granola Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	**Mini Cinnamon Rolls** OR Assorted Cereal Cheese Stick Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Nutri-Grain Bar OR Assorted Cereal Scooby Snacks Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Blueberry Belvita Biscuit OR Assorted Cereal Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk

Menu items are subject to change

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WRSD LUNCH MENU
OCTOBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
10/5	10/6	10/7	10/8	10/9
Chicken Patty Sandwich, Baked Beans, Green Beans Turkey & Cheese Sandwich, Broccoli, Grape Tomatoes	Creamy Penne Alfredo, Broccoli, Carrots Crispy Chicken Salad with Roll, Celery & Corn Salsa	Pancakes, Sausage, Tater Tots, Baby Carrots & Syrup Turkey & Cheese Sandwich, Broccoli, Grape Tomatoes	Seasoned Rice, Local Stewed Beans w/ Green Beans & Corn Crispy Chicken Salad with Roll, Celery & Corn Salsa	Cheese Pizza with Steamed Carrots and Broccoli Turkey & Cheese Sandwich, Broccoli, Grape Tomatoes
10/12	10/13	10/14	10/15	10/16
NO SCHOOL	Loaded Baked Potato, Cheese sauce, Broccoli and a Roll Chef Salad with Roll, Celery & Carrot Sticks	Pasta w/Marinara & Meatballs, Broccoli, and Carrots Turkey Ham & Cheese Sandwich with Bean Salad & Carrot Stick	Beef Picadillo, Seasoned Rice, Green beans, Corn Chef Salad with Roll, Celery & Carrot Sticks	Cheese Pizza with Steamed Carrots & Green Beans Turkey Ham & Cheese Sandwich with Bean Salad & Carrot Stick
10/19	10/20	10/21	10/22	10/23
Cheeseburger w/Baked Beans, Tater Tots Turkey & Cheese Sandwich, Broccoli, Grape Tomatoes	Chicken & Waffles, Local Sweet Potato, Baked Beans **Happy National Chicken & Waffles Day!** Chicken Caesar Salad with Roll, Carrot Sticks & Corn Salsa	Mac & Cheese, Steamed Carrots & Green Beans Turkey & Cheese Sandwich, Broccoli, Grape Tomatoes	Bagged lunch Sandwich Options: Turkey & Cheese Sunbutter & Jelly Cheese only	Cheese Pizza with Steamed Carrots and Broccoli Turkey & Cheese Sandwich, Broccoli, Grape Tomatoes
10/26	10/27	10/28	10/29	10/30
Cheese Nachos, Fiesta Corn & Black Bean Salsa & Celery Sticks Turkey Ham & Cheese Sandwich with Bean Salad & Carrot Stick	**Hawaiian Pineapple Chicken Bowl with Carrots, Green beans** Buffalo Chicken Salad w/Roll, Celery Sticks, Broccoli	Plant-based Lazy Lasagna, Broccoli, Carrots Turkey Ham & Cheese Sandwich with Bean Salad & Carrot Stick	Cheddar Chicken Bowl, Mashed Potatoes, Roll Buffalo Chicken Salad w/Roll, Celery Sticks, Broccoli	Cheese Pizza with Steamed Carrots & Green Beans Turkey Ham & Cheese Sandwich with Bean Salad & Carrot Stick
Sunbutter & Jelly Sandwich OR Cheese Sandwich Assorted Fresh Fruit 1% White, Fat Free Flavored or Fat Free White Milk				
			Menu items are subject to change	

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WRSD *ALLERGY-FREE LUNCH MENU*
OCTOBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
10/5	10/6	10/7	10/8	10/9
AF Chicken Fajitas with Baked Beans & Corn	GF Pasta & Meat Sauce with Carrots and Broccoli	AF BBQ Chicken with Rice, Corn & Green Beans	AF Chicken Tenders w/ Rice, Sweet Potato, and Broccoli	AF Ground Beef Nachos with Seasoned Black Beans & Baby Carrots
10/12	10/13	10/14	10/15	10/16
NO SCHOOL	AF Chicken Fajitas with Baked Beans & Corn	AF BBQ Chicken with Rice, Corn & Green Beans	AF Ground Beef Nachos with Seasoned Black Beans & Baby Carrots	AF BBQ Pulled Chicken Sandwich, Green Beans and Home Fries
10/19	10/20	10/21	10/22	10/23
AF Chicken Fajitas with Baked Beans & Corn	GF Pasta & Meat Sauce with Carrots and Broccoli	AF BBQ Chicken with Rice, Corn & Green Beans	Bagged lunch Sandwich Options: Turkey and cheese Turkey only (SC only) Sunbutter and Jelly Cheese only	AF Ground Beef Nachos with Seasoned Black Beans & Baby Carrots
10/26	10/27	10/28	10/29	10/30
AF Chicken Tenders w/ Rice, Sweet Potato, and Broccoli	GF Pasta & Meat Sauce with Carrots and Broccoli	AF Ground Beef Nachos with Seasoned Black Beans & Baby Carrots	AF BBQ Pulled Chicken Sandwich, Green Beans and Home Fries	AF Chicken Fajitas with Baked Beans & Corn
Sunbutter & Jelly Sandwich OR Cheese Sandwich Assorted Fresh Fruit 1% White, Fat Free Flavored or Fat Free White Milk				
			Menu items are subject to change	

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WRSD *VEGETARIAN LUNCH MENU*
OCTOBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
10/5	10/6	10/7	10/8	10/9
Black Bean Burger with Carrots & Corn Hummus Bento Box with Roll	Creamy Penne Alfredo, Broccoli, Carrots Hummus Bento Box with Roll	Pancakes, Sunbutter, Tater Tots, Baby Carrots & Syrup Hummus Bento Box with Roll	Seasoned Rice, Local Stewed Beans w/ Green Beans & Corn Hummus Bento Box with Roll	Cheese Pizza with Steamed Carrots and Broccoli Hummus Bento Box with Roll
10/12	10/13	10/14	10/15	10/16
NO SCHOOL	Loaded Baked Potato, Cheese sauce, Broccoli and a Roll Garden Salad with Corn, Celery & Dinner Roll	Plant-based Lazy Lasagna, Broccoli, Carrots Garden Salad with Broccoli, Carrots & Dinner Roll	Cheese Nachos w/Fiesta Corn & Black Beans, Baby Carrots Garden Salad with Corn, Celery & Dinner Roll	Cheese Pizza with Steamed Carrots & Green Beans Garden Salad with Broccoli, Carrots & Dinner Roll
10/19	10/20	10/21	10/22	10/23
Black Bean Burger with Carrots & Corn Hummus Bento Box with Roll	Cheese Calzone with Pizza Dipping Sauce and Baked Beans & Celery Hummus Bento Box with Roll	Mac & Cheese, Green Beans, Carrots Hummus Bento Box with Roll	Bagged lunch: Sunbutter and Jelly Sandwich	Cheese Pizza with Steamed Carrots and Broccoli Hummus Bento Box with Roll
10/26	10/27	10/28	10/29	10/30
Cheese Nachos w/Fiesta Corn & Black Beans, Baby Carrots Garden Salad with Corn, Celery & Dinner Roll	Loaded Baked Potato, Cheese sauce, Broccoli and a Roll Garden Salad with Broccoli, Carrots & Dinner Roll	Plant-based Lazy Lasagna, Broccoli, Carrots Garden Salad with Corn, Celery & Dinner Roll	Seasoned Rice, Local Stewed Beans w/Green Beans & Corn Garden Salad with Broccoli, Carrots & Dinner Roll	Cheese Pizza with Steamed Carrots & Green Beans Garden Salad with Corn, Celery & Dinner Roll
Sunbutter & Jelly Sandwich OR Cheese Sandwich Assorted Fresh Fruit 1% White, Fat Free Flavored or Fat Free White Milk				
				Menu items are subject to change

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