

# OCTOBER 2025

## WATERFORD COUNTRY SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
National School Lunch Week 10/13-10/17 "Taste the World-Your School Lunch Passport" Fill Your Passport for a Prize at the End of the Week!	We Purchase from Local Farmers Whenever Possible. ** Indicates that the Item was Procured from a Local Farmer. CTGROWN WEEK 10/6-10/10	Choice of Pizza Garden Salad ** Roasted Squash Fresh Fruit Choice of Milk Birthday Cake	Beef Soft Tacos W/ all the fixins Fiesta Black Beans Steamed Corn Fresh Fruit Choice of Milk Fruit Icee	Scratch-Made Pulled Pork Sandwich BBQ Potato Salad Carrots W/ Hummus Fruit Icee Fresh Fruit Choice of Milk
Quesadilla Chicken or Cheese Roasted Candied Carrots Cold Black Bean & Corn Salad Fresh Fruit Choice of Milk	Turkey & Cheese Melt on a Pretzel Roll Loaded Potato Wedges FRESH ROASTED BEETS ** Fresh Fruit Choice of Milk	Pasta w/ Choice of Meat Sauce ** or Marinara SCHOOL GROWN SQUASH ** Baby Carrot Sticks w/ Hummus Garlic Toast Fresh Fruit, Choice of Milk	Teriyaki Chicken ** Fried Rice, Egg Rolls Freshly Roasted Carrots Snap Peas w/ Ranch Dressing Fresh Fruit Choice of Milk	Homemade Jambalaya (No Shrimp) Side of Breaded Okra Cornbread Fresh Fruit Choice of Milk
STAFF DEVELOPMENT DAY NO SCHOOL FOR STUDENTS  Lasagna, Garden Salad, Garlic Toast, Fruit & Milk	Korean BBQ Beef Rice Bowl Carrots w/ Hummus Warm Pita Bread Fresh Fruit Choice of Milk	Choice of Pizza Garden Salad** Cold Tomato & Cucumber Salad Fresh Fruit Choice of Milk Freshly Baked Cookies	Chicken Enchiladas Spanish Rice Elote Corn Black Beans Cinnamon/Sugar Churro Fresh Fruit & Choice of Milk	Chicken Adobo ** W/ Couscous Cabbage and Carrot Stir-Fry Mandarin Orange & Pineapple Mix Warm Dinner Roll Choice of Milk
Beef & Gravy ** Over Mashed Potatoes Steamed Fresh Broccoli Garlic Knot Fresh Fruit, Choice of Milk	Jerk Chicken ** Rice & Peas Roasted Edamame Scratch Made Cornbread Baked Plantains Fresh Fruit, Choice of Milk	Baked Ziti W/ Meat Sauce** Caesar Salad ** Fresh Green Beans Texas Toast Fresh Fruit, Choice of Milk Freshly Baked Brownies	Chicken Tenders w/ Choice of Sauces Glazed Carrots Roasted Potatoes Warm Dinner Roll Fresh Fruit & Choice of Milk	Brunch for Lunch Scrambled Eggs, Sausage Links Hash Browns Warm Croissant 100 % Mango Wango Juice Fresh Fruit & Choice of Milk
Grilled Cheese w/w/o Ham Cold Broccoli Salad Cup of Tomato Soup Fresh Fruit Choice of Milk	Burrito Bowl Choice of Beef **or Chicken ** Rice, Black Beans, Corn, Cheese Salsa, Sour Cream, Guacamole Homemade Cornbread Fruit & Milk	Choice of Pizza Caesar Salad** Roasted Squash Medley ** Fresh Fruit Choice of Milk Baked Treat	Homemade Mac & Cheese Roasted Honey Glazed Carrots Steamed Edamame Garlic Breadstick Fresh Fruit Choice of Milk	Meatball Grinders W/ Choice of Peppers & Onions Mozzarella Cheese Farmers Potato Salad Carrot Sticks w/ Hummus Fruit & Milk

### Breakfast Options

Bagel w/ Cream Cheese  
 Bagel Sandwich (Egg Pattie, Sausage, Cheese)  
 Choice of Cereal  
 Cinnamon Roll on Friday  
 All choices include 100% Juice, Fruit and Choice of Milk

### Lunch Alternatives

PB & Jelly or PB Only w/ Sunflower Seeds  
 Alternate Meat & Cheese Sandwich on a Croissant  
 Yogurt w/ Cheese Stick, Granola, Grain  
 Salad Bar w/ Choice of Proteins, Grain,  
 All Meals Include Fruit, Veggies and Choice of Milk  
 Common Allergens That May Be Present in Menu Items: Milk, Eggs,  
 Fish, Shellfish, Tree Nuts, Peanuts, Wheat, Soybean, Sesame