



OCTOBER 2026

The Waterford Country School

Common Allergens That May Be Present in Menu Items: Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, Soybean, Sesame



Monday



Mashed Potato Bowl 5
Mashed Potato**
Popcorn Chicken
Steamed Corn, Gravy
Cheese, Ciabatta Roll
Fruit & Milk

Tuesday



Taco Tuesday 6
Beef ** or Chicken Soft Taco
Spanish Rice, Fiesta Beans
Local Lettuce** & Tomato
Sofrito & Sour Cream
Fruit & Milk

Wednesday



Pasta Bolognese 7
(Plant -Based) or Marinara
Caesar Salad ***
Roasted Winter Squash***
Warm Garlic Knot
Birthday Cake, Fruit, Milk

Thursday



Mac & Cheese 1
Honey Glazed Carrots
Freshly Roasted Beets***
Warm Dinner Roll
Fruit & Milk
*Locally Baked Apple Slices***

Friday

**NO SCHOOL
STAFF
DEVELOPMENT DAY 12**

All Beef Rodeo Burger 13
w/wo Cheddar Cheese
BBQ Sauce, Onion Rings
Optional Veggie Burger
Sweet Potato Wedges**
Baked Beans, Fruit & Milk

Choice of Pizza 14
Caesar Salad***
w/ Homemade Croutons
Roasted Butternut Squash **
Fruit & Milk
Baked Treat

**Jerk Chicken
Drumstick 15**
Rice & Peas, Coleslaw
Scratch Made Cornbread
Baked Plantains
Fruit, Milk

**Breaded Chicken
Patty Sandwich 16**
Choice of Sauces
Roasted Fingerling Potatoes*
Fresh Green Beans
Fruit & Milk

Southwest Burrito Bow 19
Beef** or Chicken
Cilantro Rice, Black Beans
Corn Salsa, Cheese
Sour Cream, Guacamole
Fruit & Milk

Grilled Cheese 20
w/wo Ham
Cup of Tomato Soup **
Veggie Sticks W/ Hummus
Mango Wango Juice
Fruit & Milk

**Chicken Bacon Ranch
Pasta 21**
Freshly Steamed Broccoli
Roasted Mixed Squash**
Garlic Bread
Fruit & Milk

**Scratch Made
Sloppy Joes 22**
Roasted Red Potatoes**
Roasted Garlic Spinach
Sidekick
Fruit & Milk

Pulled Pork Sandwich 23
Scratch Made on a Roll
BBQ Sweet Potato Salad**
Slow-Roasted Baked Beans
Fruit & Milk

Grilled Quesadillas 26
Cheese, Veggie or Chicken
Cold Corn & Tomato Salad
Refried Beans
Salsa & Sour Cream
Fruit & Milk

Chicken Wings 27
W/ Choice of Sauces
Loaded Waffle Fries
Buffalo Cauliflower
Cheesy Biscuit
Fruit & Milk

Choice of Pizza 28
Caesar Salad***
w/ Homemade Croutons
Roasted Winter Squash **
Fruit & Milk
Warm Apple Crisp***

All Beef Bacon Burger 29
w/wo Cheese
Optional Veggie Burger
Roasted Red Potatoes**
Vegetarian Baked Beans
Fruit & Milk

Mummy Hot Dog 30
Sidewinder Fries
Roasted Pumpkin Seeds
Graveyard Pudding Dirt Cups
Mandarin Jack-O-Lanterns
Fruit & Milk

Alternative Meals Include: PB & J, or PB Only, Cheese Stick, Fruit, Veggie, Milk
Yogurt Meals Includes Granola, Crackers, Veggies, Fruit, Milk
Salad Bar Offers Fresh Veggies, Choice of Proteins & Grains, Fruit, Milk
Offered Daily: Carrots & Hummus and Fresh Fruit

**** Indicates Purchased from a Local Farmer.
We Also Offer Produce Grown by Our Own Students
When Available!!
We Also Purchase Our Beef From A Local Farmer.