Breakfast in the Classroom Menu
Monday: Cereal w/Pop Tart or Muffin
Tuesday: Breakfast Biscuit
Wednesday: French Toast Or Pancakes/Pancake on a stick
Thursday: Waffles
Friday: Breakfast Pizza Or Special Of The Day
Cereal available daily

Lunch includes your choice of milk: nonfat, lowfat, plain & flavored. Domino’s Pizza available daily at some high schools.

Students must choose at least a 1/2 cup of a fruit or vegetable to get the meal at no cost.

Wraps & Salads available as production and supplies allow.

VIRGINIA FARM TO SCHOOL WEEK!
OCTOBER 4 - 8

YOU’RE GOOD
All Students Eat All Meals @ No Cost All Year Long
WJCC SCHOOLS

Friday, October 1
Virtual Learning Day!
Hamburger
Oven Baked Fries
Baby Carrots
Fruit
Milk

Monday, October 4
Chicken Nuggets W/Dinner Roll
Asian Chicken W/Veggie Rice
Choose 2: Oven Baked Fries,
Seasoned Green Beans
Choose 2: Assorted Fruits & Juices

Tuesday, October 5
Papa Murphy’s Pizza
Make Your Own Taco W/Salsa
Choose 2: Fresh Locally Grown Sweet Potatoes,
Veggies W/Dip
Choose 2: Assorted Fruits & Juices

Wednesday, October 6
Chicken Sandwich
Cheeseburger
Choose 2: Baked Beans, Vegetable Of The Day
Choose 2: Assorted Fruits & Juices

Thursday, October 7
Cheesy Pasta Supreme
Pizza!
Choose 2: Garden Salad, Golden Corn
Choose 2: Assorted Fruits & Juices

Friday, October 8
Hotdog W/Chili & Cheese
Rib BQ Sandwich
Choose 2: Sweet Green Peas, Baby Carrots W/Dip
Choose 2: Assorted Fruits & Juices

BEAUTIFUL SWIMMER
The scientific name for the Chesapeake Bay Blue Crab translates to “beautiful swimmer.” Maybe. But their eating habits are hardly pretty. They’ll eat just about anything that they can get their claws on—including plants, worms, crustaceans, algae, and any dead stuff they can find in the water!

Supply & demand.
We’re trying to continue to operate as close to our pre-pandemic level as possible. But some of you probably work in local restaurants, so you know that food service businesses in general are facing unprecedented supply chain and labor challenges. And we’re no different. Sometimes we may have to substitute an item at the last minute to give you the best, freshest options available that day. We thank all of you in advance for your on-going understanding of this situation!
Monday, October 11
Mozzarella Cheese Sticks W/Marinara Sauce
Loaded Nachos
Choose 2: Fresh Sunshine Veggies W/Dip,
Seasoned Green Beans
Choose 2: Assorted Fruits & Juices
Tuesday, October 12
Papa Murphy’s Pizza
Deli Sub
Choose 2: Oven Baked Fries, Fresh Green Salad
Choose 2: Assorted Fruits & Juices
Wednesday, October 13
Popcorn Chicken Bowl W/Roll
Special Of The Day
Choose 2: Mashed Potatoes W/Gravy, Golden Corn
Choose 2: Assorted Fruits & Juices
Thursday, October 14
Cheeseburger
Pizza!
Choose 2: Baby Carrots W/Dip, Vegetable Of The Day
Choose 2: Assorted Fruits & Juices
Friday, October 15
Shrimp Poppers
BBQ Sandwich
Choose 2: Baked Beans, Veggies W/Dip
Choose 2: Assorted Fruits & Juices
Monday, October 18
Spaghetti & Meatballs W/Breadstick
Sub Of The Day
Choose 2: Seasoned Broccoli,
Baby Carrots W/Dip
Choose 2: Assorted Fruits & Juices
Tuesday, October 19
Papa Murphy’s Pizza
Chicken Parmesan Sandwich
Choose 2: Fresh Green Salad, Oven Baked Fries
Choose 2: Assorted Fruits & Juices
Wednesday, October 20
Corn Dog Nuggets
Make Your Own Taco W/Salsa
Choose 2: Cheesy Refried Beans,
Seasoned Green Beans
Choose 2: Assorted Fruits & Juices
Thursday, October 21
Hot Dog W/Chili & Cheese
Pizza!
Choose 2: Sweet Green Peas,
Vegetable Of The Day
Choose 2: Assorted Fruits & Juices
Friday, October 22
Chicken Sandwich
Hamburger
Choose 2: Sweet Potato Fries, Golden Corn
Choose 2: Assorted Fruits & Juices
Monday, October 25
Chicken Nuggets W/Roll
Asian Chicken W/Veggie Rice
Tuesday, October 26
Papa Murphy’s Pizza
Mozzarella Cheese Sticks W/Marinara
Choose 2: Fresh Garden Salad, Oven Baked Fries
Choose 2: Assorted Fruits & Juices
Wednesday, October 27
Rib BQ Sandwich
Sub Of The Day
Choose 2: Baked Beans, Cucumbers W/Dip
Choose 2: Assorted Fruits
Thursday, October 28
Cheesy Pasta Supreme
Pizza!
Choose 2: Spinach Salad, Golden Corn
Choose 2: Assorted Fruits & Juices
Friday, October 29
Meatballs & Gravy W/Roll
Chicken Sandwich
Choose 2: Mashed Potatoes, Seasoned Green Beans
Choose 2: Assorted Fruits & Juices