

CHILD DEVELOPMENT LUNCH

OCTOBER 2026

Van Wig Elementary

Bassett Unified School District



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5

Bean & Cheese Burrito 326 cal

Diced Peaches 55 cal

Corn 50 cal

6

Orange Chicken CD 113 cal

Steamed Rice CD 80 cal

Banana 53 cal

Steamed Broccoli CD 15 cal

7

Mac & Cheese CD 292 cal

Pear Cup 60 cal

Mixed Vegetables CD 23 cal

8

Teriyaki Dunkers CD 162 cal

Steamed Rice CD 80 cal

Unsweetened Applesauce 50 cal

Baby Carrots 18 cal

9

WGR Galaxy Cheese Pizza 280 cal

Orange Wedges CD 55 cal

Chili Beans CD 63 cal

12

Chicken & WGR Waffles CD 285 cal

Diced Peaches CD 55 cal

Baby Carrots 18 cal

13

Popcorn Chicken CD 173 cal

Banana 53 cal

Gravy 12 cal

Mashed Potatoes 40 cal

Corn 50 cal

14

Hamburger Bun 150 cal

Breaded Chicken 240 cal

Patty 30 cal

Tater Tots CD 65 cal

15

Spaghetti Noodles Half Cup 208 cal

Spaghetti with meat sauce CD 413 cal

Strawberry Applesauce 50 cal

Mixed Vegetables CD 23 cal

16

Chicken Tamale in Red Sauce 290 cal

Orange Wedges CD 55 cal

Refried Beans CD 55 cal

19

Cheeseburger Sliders 272 cal

Diced Peaches 55 cal

Tater Tots CD 65 cal

20

Teriyaki Chicken CD 86 cal

Steamed Rice CD 80 cal

Banana 53 cal

Steamed Broccoli CD 15 cal

21

WGR Twice Grilled Quesadilla 327 cal

Pear Cup 60 cal

Baby Carrots 18 cal

22

Cheese Ravioli 234 cal

Unsweetened Applesauce 50 cal

Mixed Vegetables CD 23 cal

23

WGR Mozzarella Bites 280 cal

Orange Wedges 55 cal

Refried Beans CD 55 cal

26

Bean & Cheese Burrito 326 cal

Diced Peaches 55 cal

Corn 50 cal

27

Orange Chicken CD 113 cal

Steamed Rice CD 80 cal

Banana 53 cal

Steamed Broccoli CD 15 cal

28

Mac & Cheese CD 292 cal

Pear Cup 60 cal

Mixed Vegetables CD 23 cal

29

Teriyaki Dunkers CD 162 cal

Steamed Rice CD 80 cal

Unsweetened Applesauce 50 cal

Baby Carrots 18 cal

30

WGR Galaxy Cheese Pizza 280 cal

Orange Wedges CD 55 cal

Chili Beans CD 63 cal

EVERY DAY

- Whole Milk 4oz
- 1% White Milk 6oz

Menu subject to change.