

# Pre-K Lunch

Pre-K School  
Lunch Menu  
Fall 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	Oct 14	Oct 15	Oct 16	Oct 17	Oct 18
<b>Entree</b> (Choose 1) <b>Vegetables</b> (Choose 1-2) <b>Fruit</b> (Choose 1) <b>Milk</b> (Choose 1)	<ul style="list-style-type: none"> <li>No Students</li> <li>Professional Development Day</li> </ul>	<ul style="list-style-type: none"> <li>Mini Mozz Bites</li> <li>Marinara Cup</li> <li>Green Beans</li> <li>Fresh Fruit</li> <li>Unflavored Low-fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>Mini Corn Dogs</li> <li>Baked Beans</li> <li>Applesauce Cup</li> <li>Unflavored Low-fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>Popcorn Chicken</li> <li>Mixed Vegetables</li> <li>Fresh Fruit</li> <li>Unflavored Low-fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>Big Daddy's Pizza</li> <li>Seasoned Corn</li> <li>Mixed Fruit</li> <li>Unflavored Low-Fat Milk</li> </ul>
<i>Week 2</i>	Oct 21	Oct 22	Oct 23	Oct 24	Oct 25
<b>Entree</b> (Choose 1) <b>Vegetables</b> (Choose 1-2) <b>Fruit</b> (Choose 1) <b>Milk</b> (Choose 1)	<ul style="list-style-type: none"> <li>Crispy Chicken Sandwich</li> <li>Potato Wedges</li> <li>Chilled Peaches</li> <li>Unflavored Low-fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>Taco Seas. Beef w/ Tortilla Chips</li> <li>Ranchero Beans</li> <li>Fresh Fruit</li> <li>Unflavored Low-fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>Sweet &amp; Sour Chicken Rice Bowl</li> <li>Seasoned Green Beans</li> <li>Chilled Pears</li> <li>Unflavored Low-fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>Mac &amp; Cheese</li> <li>Seasoned Broccoli</li> <li>Fresh Fruit</li> <li>Unflavored Low-fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>Big Daddy's Pizza</li> <li>Seasoned Corn</li> <li>Chilled Pineapple</li> <li>Unflavored Low-Fat Milk</li> </ul>
<i>Week 3</i>	Oct 28	Oct 29	Oct 30	Oct 31	Nov 1
<b>Entree</b> (Choose 1) <b>Vegetables</b> (Choose 1-2) <b>Fruit</b> (Choose 1) <b>Milk</b> (Choose 1)	<ul style="list-style-type: none"> <li>Hot Dog</li> <li>Seasoned Corn</li> <li>Mandarin Oranges</li> <li>Unflavored Low-fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>Pizza Dippers</li> <li>Marinara Cup</li> <li>Green Beans</li> <li>Fresh Fruit</li> <li>Unflavored Low-fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Nuggets</li> <li>Steamed Broccoli</li> <li>Applesauce Cups</li> <li>Unflavored Low-fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>Turkey Croissant</li> <li>Seasoned Carrots</li> <li>Local VA Apple</li> <li>Unflavored Low-fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>Big Daddy's Pizza</li> <li>Seasoned Corn</li> <li>Mixed Fruit</li> <li>Unflavored Low-fat Milk</li> </ul>

*Additional Daily Entree Option*

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*Nutrition Bites*

- Get ready to *crunch!* On October 10th, bite into a fresh, locally grown Virginia apple and join us in celebrating the Crunch Heard 'Round the Commonwealth!
- Learn more about Farm to School: <https://www.farmtoschool.org/about/what-is-farm-to-school>
- Celebrate National School Lunch Week, October 14-18. School Lunch Pirates: Find your treasure!

Lunch includes:

Choice of 1 Entree,  
1-2 Vegetables, 1 Fruit,  
and 1 Milk

Menu subject to change due  
to item availability

Vegetarian Options  
Available Upon Request