

Pre-K Lunch

Pre-K School
Lunch Menu
Winter 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	Jan 27	Jan 28	Jan 29	Jan 30	Jan 31
Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	<ul style="list-style-type: none"> ● Popcorn Chicken ● Mixed Vegetables ● Fresh Fruit ● Unflavored Low-fat Milk 	<ul style="list-style-type: none"> ● Mini Mozz Bites ● Marinara Cup ● Green Beans ● Fresh Fruit ● Unflavored Low-fat Milk 	<ul style="list-style-type: none"> ● Corn Dog ● Baked Beans ● Applesauce Cup ● Unflavored Low-fat Milk 	<ul style="list-style-type: none"> ● RPS Burger ● Crinkle Cut Fries ● Mandarin Oranges ● Unflavored Low-fat Milk 	<ul style="list-style-type: none"> ● Big Daddy's Pizza ● Seasoned Corn ● Frosty Berry Cup ● Unflavored Low-Fat Milk
<i>Week 2</i>	Feb 3	Feb 4	Feb 5	Feb 6	Feb 7
Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	<ul style="list-style-type: none"> ● Crispy Chicken Sandwich ● Potato Wedges ● Chilled Peaches ● Unflavored Low-fat Milk 	<ul style="list-style-type: none"> ● Queso Blanco Nachos ● Ranchero Beans ● Fresh Fruit ● Unflavored Low-fat Milk 	<ul style="list-style-type: none"> ● Spaghetti w/ Meatballs ● Seasoned Green Beans ● Chilled Pears ● Unflavored Low-fat Milk 	<ul style="list-style-type: none"> ● Macaroni + Cheese ● Seasoned Broccoli ● Fresh Fruit ● Unflavored Low-fat Milk 	<ul style="list-style-type: none"> ● Big Daddy's Pizza ● Seasoned Corn ● Chilled Pineapple ● Unflavored Low-Fat Milk
<i>Week 3</i>	Feb 10	Feb 11	Feb 12	Feb 13	Feb 14
Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	<ul style="list-style-type: none"> ● Hot Dog ● Steamed Broccoli ● Mandarin Oranges ● Unflavored Low-fat Milk 	<ul style="list-style-type: none"> ● Pizza Dippers ● Marinara Cup ● Green Beans ● Fresh Fruit ● Unflavored Low-fat Milk 	<ul style="list-style-type: none"> ● Chicken Nuggets ● Seasoned Peas ● Applesauce Cups ● Unflavored Low-fat Milk 	<ul style="list-style-type: none"> ● Turkey Croissant ● Baby Carrots ● Fresh Fruit ● Unflavored Low-fat Milk 	<ul style="list-style-type: none"> ● Big Daddy's Pizza ● Seasoned Corn ● Mixed Fruit ● Unflavored Low-fat Milk

Additional Daily Entree Option

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Nutrition Bites

February's *Nutrition Bites*: Celebrate the Virginia harvest of the month—butternut squash! This vibrant vegetable is rich in vitamins A and C, fiber, and potassium, making it a heart-healthy choice. Roast it, mash it, or add it to soups and pasta dishes at home for a delicious and nutritious meal your family will enjoy!

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