BREAKFAST

OCTOBER 2026

Academy of International Studies Pre-K

Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Assorted Muffins Fruit Milk	**2** Cereal Fruit Milk
5 Cereal Fruit Milk	**6** Yogurt Parfait Fruit Milk	**7** Apple Cinnamon Roll Fruit Milk	**8** Low Sugar Pop Tarts or Nutri-grain Bar Fruit Milk	**9** Banana Bread Fruit Milk
12 Mini Bagel with Strawberry Cream Cheese Fruit Milk	**13** Cinnamon Swirl Roll Fruit Milk	**14** Cereal Bar Fruit Milk	**15** Assorted Muffins Fruit Milk	**16** Cinnamon Breakfast Bread Fruit Milk
19 Cereal Fruit Milk	**20** Yogurt Parfait Fruit Milk	**21** Apple Cinnamon Roll Fruit Milk	**22** Low Sugar Pop Tarts or Nutri-grain Bar Fruit Milk	**23** Banana Bread Fruit Milk
26 Mini Bagel with Strawberry Cream Cheese Fruit Milk	**27** Cinnamon Swirl Roll Fruit Milk	**28** Cereal Bar Fruit Milk	**29** Assorted Muffins Fruit Milk	**30** Cinnamon Breakfast Bread Fruit Milk

A variety of fresh fruits and 100% fruit juice are available daily with all breakfast meals.
In addition to the menu of the day, students may choose from a variety of cereals to complete a meal.
Yogurt, String Cheese and Milk are available daily with all breakfast meals.

MY SCHOOL BUCKS PAY FOR MEALS ONLINE MySchoolBucks.com

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LUNCH

OCTOBER 2026

Academy of International Studies Pre-K

Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Pasta & Meat sauce Broccoli	**2** Galaxy Pizza Round Chickpea Salad
5 Hamburger Sweet Potato Fries Baked Beans	**6** French Toast Sticks Hash Brown Sausage Links	**7** Breaded Chicken Bites Green Beans	**8** Chicken Fajita Corn	**9** Pizza Bagel Roasted Broccoli
12 **Indigenous People Day**	**13** Chicken Tenders Sweet Potato Puffs Baked Beans	**14** Mozzarella Sticks Marinara Sauce Roasted Broccoli	**15** Beef & Cheese Nachos Rice Corn	**16** Pizza Square 4x6 Cucumber Coins Low Fat Dip
19 Bosco Cheese Stick Marinara Sauce Green Beans	**20** Chicken Patty Corn	**21** Grilled Cheese Potato Puffs	**22** Hamburger or Cheeseburger Sweet Potato Fries Baked Beans	**23** Galaxy Pizza Round Garden Salad
26 Chicken Nuggets French Fries	**27** Mac & Cheese Roasted Broccoli	**28** Chicken Quesadilla Fiesta Beans	**29** Popcorn Chicken Mashed Potato	**30** Pizza Bagel Carrot Sticks Low Fat Dip

A variety of fresh fruit and vegetables are included with all meals.
8 ounce serving of milk is included with all meals.
Choices of milk include fat free chocolate, 1% white and Lactaid.

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