



# October 2024 PreK Lunch Menus

Monday	Tuesday	Wednesday	Thursday	Friday
<b>OFFERED DAILY:</b> Milk – lowfat and skim Sunbutter and Jelly Sandwich	<b>October 1</b> Chicken & Veggie dumplings  Chili Roasted Sweet Potatoes  Fresh Fruit	<b>October 2</b> <b>Choice of:</b> Chicken Filet Sandwich w/sauce  Everyone Loves Oven Potatoes  Fresh Fruit	<b>October 3</b> <b>Choice of:</b> Tuscan Chicken w/ Rice  Three Bean Salad  Fresh Fruit	<b>October 4</b> <b>Choice of:</b> Classic Cheese Pizza BBQ Chicken Pizza  Tomato/Cuc  Fresh Fruit
<b>October 7</b> <b>Choice of:</b> Toasted Cheddar Cheese Sandwich  Tomato Soup  Fresh Fruit	<b>October 8</b> <b>Choice of:</b> Garden Nachos Chicken Nachos  Tomatoes, Lettuce Tomato Salsa Guacamole  Fresh Fruit	<b>October 9</b> <b>Choice of:</b> Deluxe Burger  Oven Sweet Potatoes  Fresh Fruit	<b>October 10</b> <b>Choice of:</b> Southwest Pasta Salad  Collard Greens  Fresh Fruit	<b>October 11</b> <b>Choice of:</b> Classic Cheese Pizza Loaded Up Pizza  Caesar Side Salad  Fresh Fruit
<b>October 14</b> <b>Choice of:</b> Chicken Filet Sandwich w/sauce  Cucumber Slices  Fruit	<b>October 15</b> <b>Choice of:</b> Chicken & Cheese Quesadilla  Mexicali Corn  Fruit	<b>October 16</b> <b>Choice of:</b> Chicken Chunks & Soft Roll  Zesty Sweet Potato Fries  Fruit	<b>October 17</b> <b>Choice of:</b> Asian-Style Beef & Rice Bowl  Chili Roasted Sweet Potatoes  Fruit	<b>October 18</b> <b>Choice of:</b> Veggie Lovers Pizza Classic Cheese Pizza  Tossed Chef Side Salad  Fruit
<b>October 21</b> <b>Choice of:</b> Chicken & Vegetable Dumplings  Fresh Broccoli w/dip  Fruit	<b>October 22</b> <b>Choice of:</b> Bean & Cheese Taquitos  Cherry Tomatoes  Fruit	<b>October 23</b> <b>Choice of:</b> Chicken Filet Sandwich w/ sauce  Summer Corn Salad  Fruit	<b>October 24</b> <b>Choice of:</b> Chicken Terriyaki w/Rice  Cucumber Salad Mixed Vegetables  Fruit	<b>October 25</b> <b>Choice of:</b> Classic Cheese Pizza BBQ Chicken Pizza  Caesar Side Salad  Fruit
<b>October 28</b> <b>Choice of:</b> Beef or Bean Nachos Your Way  Tomatoes, Lettuce, Salsa Fiesta Black Beans  Fruit	<b>October 29</b> <b>Choice of:</b> Caribbean Black Beans and Rice  NC Sweet Potatoes  Fruit	<b>October 30</b> <b>Choice of:</b> Deluxe Beef Burger  Everyone Loves Oven Potatoes  Fruit	<b>October 31</b> <b>Choice of:</b> Italian Sausage Pasta & Garlic Bread  Sliced Cucumbers  Fruit	<b>2024-25 Lunch Prices:</b> Students: FREE for ALL Adults: \$4.50 Milk (alone): \$0.50 *Menus are subject to change  Lunch includes a choice of low-fat or fat-free milk and fresh fruit.