

BREAKFAST PRE-K

OCTOBER 2026

MON	TUE	WED	THU	FRI
			1 Yogurt Fresh Apple	2 WG Rice Chex 100% Apple Juice
5 Multi-Grain Cheerios 100% Orange-Tangerine Juice	6 Yogurt Fresh Apple	7 WG Rice Chex 100% Apple Juice	8 WG Corn Muffin Fresh Apple	9 Cheerios 100% Grape Juice
12 NO MEAL SCHEDULED	13 Multi-Grain Cheerios Fresh Apple	14 Cinnamon Raisin Bagel w/ Butter 100% Fruit Punch Juice	15 Yogurt Fresh Apple	16 Honey Cheerios 100% Orange-Tangerine Juice
19 Multi-Grain Cheerios 100% Orange-Tangerine Juice	20 Yogurt Fresh Apple	21 WG Rice Chex 100% Apple Juice	22 WG Corn Muffin Fresh Apple	23 Cheerios 100% Grape Juice
26 Cinnamon Raisin Bagel w/ Butter 100% Fruit Punch Juice	27 Multi-Grain Cheerios Fresh Apple	28 WG Blueberry Muffin 100% Fruit Punch Juice	29 Yogurt Fresh Apple	30 NO MEAL SCHEDULED

DID YOU KNOW...

All grain products are whole grain rich.

There are no pork products on this menu.

Meats are lean and cheeses are low-fat.

Menu items contain zero trans fats, no artificial colors or sweeteners, and no high-fructose corn syrup.

Milk Choices

1% Milk and Skim Milk offered daily.

Please Note

Menu is subject to change.

For dietary accommodations, please contact your school.

WHITSONS
Culinary Group

LUNCH PRE-K

OCTOBER 2026

MON	TUE	WED	THU	FRI
			1 WG Cheese Ravioli w/ Tomato Sauce Italian Blend Vegetables Fresh Banana	2 Spanish Rice w/ Beans & Plantains Fresh Apple
5 WG Macaroni & Cheese Steamed Broccoli Fresh Apple	6 WG Breaded Chicken Bites Roasted Potatoes Diced Peaches Ketchup OR WG Cheese Ravioli w/ Tomato Sauce Italian Blend Vegetables Diced Peaches	7 Penne Pasta w/ Cheese Italian Vegetables Fresh Apple	8 Adobo Chicken w/ Cilantro Rice & Corn Fresh Banana OR Spanish Rice w/ Beans & Plantains Fresh Banana	9 Cheese Pizza Fresh Apple Fresh Garden Side Salad Ranch Dressing
12 <i>NO MEAL SCHEDULED</i>	13 Salisbury Steak w/ Brown Gravy Roasted Potatoes Fresh Pear Whole Grain Bread OR Falafel Bites with Corn Fresh Pear Whole Grain Bread	14 Toasted Cheese Sandwich Fresh Apple Ketchup Roasted Sweet Potatoes	15 Chicken Alfredo WG Penne Pasta Steamed Broccoli Fresh Banana OR WG Cheese Ravioli w/ Tomato Sauce Italian Blend Vegetables Fresh Banana	16 Beef Burger Steamed Green Beans Fresh Apple Ketchup WG Bun OR Spanish Rice w/ Beans & Plantains Fresh Apple
19 WG Penne Pasta w/ Meat Sauce Italian Blend Vegetables Fresh Apple OR Penne Pasta w/ Cheese Italian Vegetables Fresh Apple	20 WG Breaded Chicken Tenders Steamed Corn Diced Peaches OR WG Cheese Ravioli w/ Tomato Sauce Italian Blend Vegetables Diced Peaches	21 WG Macaroni & Cheese Steamed Broccoli Fresh Apple	22 WG Breaded BBQ Chicken Sweet Mashed Potatoes Fresh Banana OR Spanish Rice w/ Beans & Plantains Fresh Banana	23 Cheese Pizza Fresh Apple Fresh Garden Side Salad Ranch Dressing
26 General Tso's Chicken Rice & Broccoli Fresh Apple OR WG Macaroni & Cheese Steamed Broccoli Fresh Apple	27 Meatloaf w/ Brown Gravy Mashed Potatoes Fresh Pear Whole Grain Bread OR Falafel Bites with Corn Fresh Pear Whole Grain Bread	28 Honey Mustard Chicken Green Beans Fresh Apple WG Dinner Roll OR Penne Pasta w/ Cheese Italian Vegetables Fresh Apple	29 WG Cheese Ravioli w/ Tomato Sauce Italian Blend Vegetables Fresh Banana	30 <i>NO MEAL SCHEDULED</i>

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