

OCTOBER 2025 BREAKFAST for PRE-K

Assorted Fruits & White Milk is served with every breakfast meal (NO CHOCO MILK or JUICE) - Cereal is offered daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Crunch Heard Round the Commonwealth Oct 9th	SEPT 30 Breakfast Bread	1 Sausage Biscuit Egg Biscuit	2 Cereal	3 Chicken Biscuit Egg Biscuit
6 Cereal VA Asian Pears	7 Flapstix	8 Breakfast Bread	9 Cereal Assorted VA Apples	10 EARLY DISMISSAL NO BREAKFAST
13 NO SCHOOL	14 Pancakes/Waffles (no syrup)	15 Chicken Biscuit Egg Biscuit	16 Berries & Cream Overnight Oatmeal	17 Cereall
20 Cereal	21 Bacon, Egg & Cheese Croissant Egg & Cheese Croissant	22 Cereal	23 Monte Cristo Biscuit Egg & Cheese Biscuit	24 Cereal
27 Cereal	28 Breakfast Bread	29 Sausage Biscuit Egg Biscuit	30 Cereal	31 Chicken Biscuit Egg Biscuit

OCTOBER 2025 LUNCH for PRE-K

Choose 1 Entrée (Meat & Grain) - 2 Vegetables - 1 Fruit (juice as listed below) - 1 White Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPT 29 PBJ OR Yogurt Combo OR Popcorn Chicken Mashed Potatoes Broccoli	SEPT 30 PBJ OR Yogurt Combo OR All American Sub Baby Carrots w/ dip Veggie Juice	OCT 1 PBJ OR Yogurt Combo OR Pizza Red Pepper Strips Caesar Salad	2 PBJ OR Yogurt Combo OR Taco Salad w/ Doritos Salsa Fiesta Beans Mexican Street Corn 100% Fruit Juice	3 PBJ OR Yogurt Combo OR Fish Filet w/ Corn Muffin French Fries Coleslaw 100% Fruit Juice
6 PBJ OR Yogurt Combo OR Pull-Aparts Strawberry Summer Salad Glazed Fresh Carrots 100% Fruit Juice FARM TO SCHOOL WEEK OCTOBER 6-10	7 PBJ OR Yogurt Combo OR Boneless Chicken Bites choice of Plain, BBQ or Buffalo Soft Pretzel Celery Sticks w/Ranch Veggie Juice Watermelon	8 PBJ OR Yogurt Combo OR Hamburger/Cheeseburger / Bacon Cheeseburger Garlicky Green Beans Grape Tomatoes	9 PBJ OR Yogurt Combo OR Hot Dog on a Bun Baked Beans Cabbage 100% Fruit Juice	10 PBJ OR Yogurt Combo OR Bacon, Egg & Cheese Croissant OR Egg & Cheese Croissant Tater Coins Sliced Cucumbers
13 National School Lunch Week 	14 PBJ OR Yogurt Combo OR Popcorn Chicken w/ <i>assorted dipping sauces:</i> <i>ranch, bbq, honey must.,</i> <i>sweet & sour</i> Mashed Potatoes Grape Tomatoes	15 PBJ OR Yogurt Combo OR Hamburger/Cheeseburger BBQ Bacon Cheeseburger Mushroom & Swiss Burger Baked Beans Red Pepper Strips w/dip 100% Fruit Juice	16 PBJ OR Yogurt Combo OR Chicken Potsticker w/ teriyaki sauce Vegetable Egg Roll Broccoli	17 BREAKFAST AT LUNCH PBJ Uncrustable OR Yogurt Combo OR Sausage Links & French Toast Tater Tots Veggie Juice
20 PBJ OR Yogurt Combo OR Chicken Filet Sandwich French Fries Baby Carrots w/dip 100% Fruit Juice	21 PBJ OR Yogurt Combo OR Pizza Corn Tossed Salad	22 PBJ OR Yogurt Combo OR Chicken Alfredo Broccoli Sweet Potatoes w/Marshmallows	23 PBJ OR Yogurt Combo OR Hamburger/Cheeseburger / Bacon Cheeseburger French Fries Sliced Cucumbers w/ dip 100% Fruit Juice	24 PBJ OR Yogurt Combo OR Corn Dog or Corn Dog Nuggets Baked Beans Garlicky Green Beans
27 PBJ OR Yogurt Combo OR Popcorn Chicken Mashed Potatoes Broccoli	28 PBJ OR Yogurt Combo OR Taco Salad w/ Doritos Salsa Fiesta Beans Mexican Street Corn 100% Fruit Juice	29 PBJ OR Yogurt Combo OR Pizza Red Pepper Strips Caesar Salad	30 PBJ OR Yogurt Combo OR South Madison Turkey Sub Baby Carrots w/ dip Veggie Juice	31 PBJ OR Yogurt Combo OR Fish Filet w/ Corn Muffin French Fries Coleslaw 100% Fruit Juice

* 100% Juice or Juice cups are not served to PreK students during breakfast *At least 80% of grains offered weekly are whole grain rich

*Pizza served daily at FMS

*Chicken Sandwiches & Assorted Deli Sandwiches served daily at FCHS *FCHS may choose 1 or 2 fruits

USDA is an equal opportunity provider, employer, and lender. Menu is subject to change without notice based on availability of items.