

NOVEMBER 2022

Transylvania County Schools Pre-K Breakfast, Lunch and Snack Menus

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Teacher
Workday

2
Breakfast: Strawberry Bagel,
WG Applesauce, Milk
Lunch: Mandarin Orange
Chicken Whole Grain Rice,
Mixed Vegetables,
Diced Pears, Milk
Snack: Goldfish, WG & Local
Apple Slices

3
Breakfast: Cinnamon
French Toast Sticks, Fruit Cup,
Milk
Lunch: Steak Nuggets w/ Roll,
Garden Salad
Fresh Fruit, Milk
Snack: Graham Crackers &
Sweet Potato Sticks

4
Breakfast: Sausage
Biscuit, Applesauce, Milk
Lunch: Mini Corn Dogs
Baked Beans, Sliced
Peaches, Milk
Snack: Cheese Stick and
Pretzels

7
Breakfast: Breakfast
Bread, Fresh Fruit, Milk
Lunch: Cheese Pizza
Seasoned Green Beans
Mixed Fruit, Milk
Snack: Yogurt & Granola

8
Breakfast: Berry
Waffles, Dried Fruit, Milk
Lunch: Chicken Fajitas,
Golden Corn, Salsa, Cheese,
Fresh Fruit, Milk
Snack: Animal Crackers &
Cheese Stick

9
Breakfast: Ham and
Cheese Croissant,
Pineapple Tidbits, Milk
Lunch: Meatball Sub,
Glazed Carrots, Diced
Pears, Milk
Snack: Goldfish & Zucchini
Coins w/ Ranch Dip

10
Breakfast: Baked
Cinnamon Roll, Fruit Cup,
Milk
Lunch: Popcorn Chicken
Biscuit, Golden Corn,
Sliced Peaches, Milk
Snack: Graham Crackers
& Fruit Medley

11
Veterans Day
Holiday

14
Breakfast: Super
Protein Donut, Fresh
Fruit, Milk
Lunch: Cheese Pocket
w/ Marinara Dip,
Green Peas, Mixed
Fruit, Milk
Snack: Yogurt & Granola

15
Breakfast: Breakfast
Pizza, Dried Fruit, Milk
Lunch: Grilled Chicken
Sandwich,
Lettuce/Tomato/Pickle
Tator Tots, Fresh Fruit, Milk
Snack: Animal Crackers &
Cheese Stick

16
Breakfast: Cereal,
Applesauce, Milk
Lunch: Thanksgiving Feast!
Turkey w/ Gravy, Dressing
Mashed Potatoes
Apple Cobbler
Snack: Goldfish & Broccoli
w/ Ranch Dip

17
Breakfast: Breakfast
Muffin, Fruit Cup, Milk
Lunch: Chicken & Waffle
Sweet Potatoes, Fresh
Fruit, Milk
Snack: Graham Crackers
& Pluot

18
Breakfast: Chicken Biscuit,
Strawberry Applesauce, Milk
Lunch: Cheeseburger
Lettuce, Tomato & Pickle
French Fries, Sliced Peaches
Snack: Tortilla Chips and
Hummus

21
Breakfast
Cereal, Fresh Fruit, Milk
Lunch
Mozzarella Cheese Sticks
w/ Marinara Dip
Garden Salad, Mixed Fruit,
Milk
Snack: Yogurt & Granola

22
Breakfast: Berry Waffles,
Dried Fruit, Milk
Lunch: Crispy Chicken
Sandwich, Glazed Carrots,
Diced Pears, Milk
Snack: Animal Crackers &
Mango Chunks

23
Thanksgiving
Holiday

24
Happy
Thanksgiving!

25
Thanksgiving
Holiday

28
Breakfast
Super Protein Donut,
Fresh Fruit, Milk
Lunch
Cheese Pizza
Seasoned Green Beans
Mixed Fruit, Milk
Snack: Yogurt & Granola

29
Breakfast
Cereal, Dried Fruit, Milk
Lunch
Mandarin Orange Chicken
Whole Grain Rice
Steamed Broccoli,
Diced Pears, Milk
Snack: Animal Crackers &
Pineapple Chunks

30
Breakfast: Chicken
Biscuit, Applesauce, Milk
Lunch: Beef Nachos
Golden Corn, Lettuce,
Cheese, Salsa, Fresh Fruit,
Milk
Snack: Goldfish & Celery
Sticks w/ Ranch Dip

Did you know?

The full moon in November
is traditionally called the
Beaver Moon in the US.

All Grains are
Whole Grain Rich

Breakfast

Breakfast is served daily in the
classroom.

Breakfast consists of 1-2oz Grains,
½ cup fruit and 8oz 1% Milk.

Lunch

Lunch is served daily in the
classroom.

Lunch consists of 2 oz Meat/Meat
Alternative, 2 oz Whole Grains, ½
cup vegetable, ½ cup fruit and 8oz
1% Milk.

Additional Weekly Entrée Options

Deli Sandwich
Peanut Butter & Jelly Sandwich
Yogurt Plates

Snack

Snack is served daily in the
classroom.

Snack consists of 2 items

A fresh fruit or vegetable is served
3 days weekly for snack.

Please complete the Free and
Reduced-Price Meal Application:
LunchApplication.com
Or request a paper application

10/24/2022

This institution is an equal opportunity
provider.