

# October 2022

# Transylvania County Schools Pre-K Breakfast, Lunch & Snack

## MONDAY

**3**  
**Breakfast:** Super Protein Donut Banana, Milk  
**Lunch:** Cheese Pizza Seasoned Green Beans Mixed Fruit  
**Snack:** Yogurt and Granola

**10**  
**Breakfast:** Cereal, Sliced Apples, Milk  
**Lunch:** Mozzarella Cheese Sticks w/ Marinara Dip, Seasoned Green Beans, Mixed Fruit, Milk  
**Snack:** Yogurt and Granola

**17**  
**Breakfast:** Breakfast Bread, Banana, Milk  
**Lunch:** Cheese Pizza, Seasoned Green Beans Mixed Fruit, Milk  
**Snack:** Yogurt and Granola

**24**  
**Breakfast:** Super Protein Donut, Apple Slices, Milk  
**Lunch:** Mozzarella Cheese Sticks w/ Marinara Dip, Garden Salad, Mixed Fruit, Milk  
**Snack:** Yogurt and Granola

**31**  
Teacher Workday

## TUESDAY

**4**  
**Breakfast:** Cereal, WG Dried Fruit, Milk  
**Lunch:** Beef Nachos, Golden Corn, Lettuce, Cheese, Salsa, Fresh Fruit, Milk  
**Snack:** Animal Crackers & Grapefruit Wedges

**11**  
**Breakfast:** Breakfast Pizza, Dried Fruit, Milk  
**Lunch:** Chicken Fajitas, Black Beans, Salsa, Cheese, Fresh Fruit, Milk  
**Snack:** Animal Crackers & Honeydew

**18**  
**Breakfast:** Berry Waffles, Dried Fruit, Milk  
**Lunch:** Grilled Chicken Sandwich Lettuce/Tomato/Pickle Tator Tots, Fresh Fruit, Milk  
**Snack:** Animal Crackers & Clementine

**25**  
**Breakfast:** Strawberry Bagel, WG Dried Fruit, Milk  
**Lunch:** Burrito Seasoned Beef, Pinto Beans, Lettuce, Cheese, Salsa, Fresh Fruit, Milk  
**Snack:** Animal Crackers & Mango Chunks

## WEDNESDAY

**5**  
**Breakfast:** Chicken Biscuit Applesauce Cup, Milk  
**Lunch:** Mandarin Orange Chicken Whole Grain Rice Steamed Mixed Vegetables, Diced Pears, Milk  
**Snack:** Goldfish & Cucumbers Slices w/ Ranch Dip

**12**  
**Breakfast:** Sausage Biscuit, Applesauce Cup, Milk  
**Lunch:** Meatball Sub French Fries, Diced Pears, Milk  
**Snack:** Goldfish & Carrot Sticks w/ Ranch Dip

**19**  
**Breakfast:** Ham and Cheese Croissant, Pineapple Tidbits, Milk  
**Lunch:** Creamy Mac and Cheese, Garden Salad, Diced Pears, Milk  
**Snack:** Goldfish & Rainbow Coins w/ Ranch Dip

**26**  
**Breakfast:** Chicken Biscuit, Applesauce Cup, Milk  
**Lunch:** Crispy Chicken Sandwich, Glazed Carrots, Diced Pears, Milk  
**Snack:** Goldfish & Sugar Snap Peas w/ Ranch Dip

## THURSDAY

**6**  
**Breakfast:** Breakfast Muffin, Fruit Cup, Milk  
**Lunch:** Cheese Pocket w/ Marinara Dip, Carrots Sticks, Fresh Fruit, Milk  
**Snack:** Graham Crackers & Kiwi

**13**  
**Breakfast:** Cinnamon French Toast Sticks, Fruit Cup, Milk  
**Lunch:** Chicken Chunks, Whole Grain Breadstick Green Peas, Fresh Fruit, Milk  
**Snack:** Graham Crackers & Pineapple Chunks

**20**  
**Breakfast:** Baked Cinnamon Roll, Fruit Cup, Milk  
**Lunch:** Chicken & Waffle Collard Greens, Fresh Fruit, Milk  
**Snack:** Graham Crackers & Local Sliced Apples

**27**  
**Breakfast:** Breakfast Muffin, Fruit Cup, Milk  
**Lunch:** Spaghetti w/ Meat Sauce, Steamed Broccoli, Fresh Fruit, Milk  
**Snack:** Graham Crackers & Black Plum

## FRIDAY

**7**  
**Breakfast:** Maple Pancakes, Strawberries, Milk  
**Lunch:** Mini Corndogs Baked Beans, Baked Apples, Milk  
**Snack:** Hummus & Tortilla Chips

**14**  
**Breakfast:** Strawberry Bagel, Strawberries, Milk  
**Lunch:** Ham and Cheese Sub, Baked Beans, Baked Apples, Milk  
**Snack:** Cheese Stick and Pretzels

**21**  
**Breakfast:** Cereal, WG Strawberries, Milk  
**Lunch:** Cheeseburger Lettuce, Tomato & Pickle French Fries, Sliced Peaches, Milk  
**Snack:** Hummus & Tortilla Chips

**28**  
Remote Learning Day

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](http://LunchApplication.com)

Or request a paper application

Revised 9/27/2022

This institution is an equal opportunity provider.



## Did you know?

October has two strikingly different birth flowers: the pastel-hued cosmos, and the radiant marigold.

