Prince William County Public Schools

2026-27 PreK School Menu: BIC Schools

M: Main Entrée
V: Vegetarian Entrée
M / **V**: The Main Entrée is Vegetarian.

PreK teachers should communicate with the cafeteria manager at their school if the vegetarian entrée is needed.

NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	**3**	**4**	**5**	**6**
NO SCHOOL *Teacher Workday*	**NO SCHOOL** *Teacher Workday*	**Breakfast** **M**: Turkey & Cheese Croissant **V**: Cereal w/ Cheese Stick • Fresh Banana • Low Fat Milk **Lunch** **M** / **V**: Sunwise Sandwich w/ Hummus and Crackers • Cauliflower Florets • Orange Wedges • Low Fat Milk	**Breakfast** **M** / **V**: Cereal w/ Nutri-Grain Bar • Strawberry Craisins • Low Fat Milk **Lunch** **M** / **V**: Cheese Quesadilla • Cilantro Lime Rice • Pico De Gallo • Frozen Fruit Cup • Low Fat Milk	**Breakfast** **M** / **V**: Muffin w/ Cheese Stick • Apple Slices • Low Fat Milk **Lunch** **M** / **V**: Cheese Pizza • Parmesan Broccolini • Fresh Apple • Low Fat Milk
9	**10**	**11**	**12**	**13**
Breakfast **M** / **V**: Cereal w/ Cheese Stick • Apple Slices • Low Fat Milk **Lunch** **M** / **V**: Morningstar Chik'n Nuggets w/ Hushpuppies • Broccoli Florets • Chilled Peaches • Low Fat Milk	**Breakfast** **M** / **V**: Mini Pancakes • Watermelon Craisins • Low Fat Milk **Lunch** **M**: Popcorn Chicken w/ Dinner Roll **V**: Grilled Cheese Sandwich • House Salad • Chilled Mandarin Oranges • Low Fat Milk	**NO SCHOOL** *Veteran's Day*	**Breakfast** **M** / **V**: French Toast Sticks • Strawberry Craisins • Low Fat Milk **Lunch** **M**: Beef & Bean Burrito **(H)** **V**: Pizza Boli Bites • Corn Salad • Orange Wedges • Low Fat Milk	**Breakfast** **M** / **V**: Cereal w/ Cheese Stick • Apple Slices • Low Fat Milk **Lunch** **M**: Lasagna w/ Garlic Bread **V**: Pizza Sticks w/ Dipping Sauce • Celery Sticks • Chilled Mixed Fruit • Low Fat Milk

If students need a different entrée, **Yogurt** w/ **Granola** (2G/2M), and **SunWise Sandwich** w/ **Cheese Stick OR Hummus and Crackers** (2.5G/2M) **are available daily.** These options are Halal-friendly.

All PreK meals are free from peanuts, tree nuts, and pork.

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NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16	**17**	**18**	**19**	**20**
Breakfast **M** / **V**: Cinnamon Waffle • Apple Slices • Low Fat Milk **Lunch** **M** / **V**: Fiesta Queso Mac n' Cheese w/ Dinner Roll • Celery Sticks • Pear Wedges • Low Fat Milk	**Breakfast** **M** / **V**: Cereal w/ Nutri-Grain Bar • Watermelon Craisins • Low Fat Milk **Lunch** **M**: Popcorn Chicken w/ Garlic Knot **V**: Veggie Buffalo Bites w/ Garlic Knot • Parmesan Broccolini • Chilled Peaches • Low Fat Milk	**Breakfast** **M**: Turkey & Cheese Croissant **V**: Cereal w/ Cheese Stick • Fresh Banana • Low Fat Milk **Lunch** **M** / **V**: Pizza Sticks w/ Dipping Sauce • Baby Carrots • Chilled Mandarin Oranges • Low Fat Milk	**Breakfast** **M** / **V**: Cereal w/ Nutri-Grain Bar • Strawberry Craisins • Low Fat Milk **Lunch** **M**: Beef Nachos w/ Queso **V**: Cheese Quesadilla • Pepper Strips • Chilled Pears & Blueberries • Low Fat Milk	**Breakfast** **M** / **V**: Muffin w/ Cheese Stick • Apple Slices • Low Fat Milk **Lunch** **M**: Spaghetti & Meat Sauce w/ Garlic Bread **V**: Cheese Pizza • Tossed Salad • Frozen Fruit Cup • Low Fat Milk
23	**24**	**25**	**26**	**27**
Breakfast **M** / **V**: Cereal w/ Cheese Stick • Apple Slices • Low Fat Milk **Lunch** **M** / **V**: Grilled Cheese Sandwich • Curly Fries • Dill Pickle Chips • Orange Wedges • Low Fat Milk	**Breakfast** **M** / **V**: Mini Pancakes • Watermelon Craisins • Low Fat Milk **Lunch** **M** / **V**: Morningstar Chik'n Nuggets w/ Garlic Knot • Mashed Potatoes w/ Gravy • Applesauce Cup • Low Fat Milk	**NO SCHOOL** *Thanksgiving Break*	**NO SCHOOL** *Thanksgiving Break*	**NO SCHOOL** *Thanksgiving Break*

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