

Prince William County Public Schools
2026-27 PreK School Menu – BIC Schools
October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Breakfast Entrée: - French Toast Sticks (V) - Craisins - Low-Fat Milk Lunch - Pupusa (V) - Baked Plantains - Pico de Gallo - Chilled Mandarin Oranges - Low Fat Milk	Breakfast - Cereal w/ Cheese Stick (V) - Apple Slices - Low Fat Milk Lunch - Chicken Tenders w/ Hushpuppies or Pizza Boli Bites (V) - Tomato & Cucumber Salad - Chilled Pineapple Tidbits - Low Fat Milk
5	6	7	8	9
Breakfast - Cinnamon Waffle (V) - Apple Slices - Low Fat Milk Lunch - Cheeseburger or Fiesta Queso Mac 'n Cheese w/ Garlic Bread (V)* - Potato Wedges - Layered Lettuce Salad w/ Dressing - Kiwi Wedges - Low Fat Milk	Breakfast - Cereal w/ Nutri-Grain Bar (V) - Craisins - Low Fat Milk Lunch - Popcorn Chicken w/ Garlic Knot or Veggie Buffalo Bites w/ Garlic Knot (V) - Sugar Snap Peas - Chilled Pears & Blueberries - Low Fat Milk	Breakfast - Turkey & Cheese Croissant or Cereal w/ Cheese Stick (V) - Fresh Banana - Low Fat Milk Lunch - Pizza Sticks w/ Dipping Sauce (V) - Cauliflower Florets - Orange Wedges - Low Fat Milk	Breakfast - Cereal w/ Nutri-Grain Bar (V) - Craisins - Low Fat Milk Lunch - Cheese Quesadilla (V)* - Cilantro Lime Rice - Pico De Gallo - Frozen Fruit Cup - Low Fat Milk	Breakfast - Muffin w/ Cheese Stick (V) - Apple Slices - Low Fat Milk Lunch - Cheese Pizza (V) - Parmesan Broccolini - Fresh Asian Pear - Low Fat Milk
12	13	14	15	16
NO SCHOOL <i>Teacher Workday</i>	Breakfast - Mini Pancakes (V) - Craisins - Low Fat Milk Lunch - Popcorn Chicken w/ Dinner Roll or Grilled Cheese Sandwich (V) - House Salad - Chilled Mandarin Oranges - Low Fat Milk	Breakfast - Cereal w/ Cheese Stick (V) - Fresh Banana - Low Fat Milk Lunch - French Toast Sticks w/ Egg Bites (V) - Sliced Cucumbers - Chilled Tropical Fruit Salad - Low Fat Milk	Breakfast - French Toast Sticks (V) - Craisins - Low Fat Milk Lunch - Beef & Bean Burrito (H) or Pizza Boli Bites (V) - Corn Salad - Orange Wedges - Low Fat Milk	Breakfast - Cereal w/ Cheese Stick (V) - Apple Slices - Low Fat Milk Lunch - Pizza Sticks w/ Dipping Sauce (V) - Roasted Sweet Potatoes & Apples - Chilled Mixed Fruit - Low Fat Milk

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

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October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19	20	21	22	23
Breakfast • Cereal w/ Cheese Stick (V) • Apple Slices • Low Fat Milk Lunch • Fiesta Questo Man n' Cheese w/ Dinner Roll (V)* • Celery Sticks • Fresh Asian Pear • Low Fat Milk	Breakfast • Mini Pancakes (V) • Craisins • Low Fat Milk Lunch • Popcorn Chicken w/ Garlic Knot or Veggie Buffalo Bites w/ Garlic Knot (V) • Broccoli Florets • Chilled Peaches • Low Fat Milk	Breakfast • Cereal w/ Cheese Stick (V) • Fresh Banana • Low Fat Milk Lunch • Pizza Sticks w/ Dipping Sauce (V)* • Baby Carrots • Chilled Mandarin Oranges • Low Fat Milk	Breakfast • French Toast Sticks (V) • Craisins • Low Fat Milk Lunch • Beef Nachos w/ Queso or Cheese Quesadilla (V)* • Pepper Strips • Chilled Pears & Blueberries • Low Fat Milk	Breakfast • Cereal w/ Cheese Stick (V) • Apple Slices • Low Fat Milk Lunch • Spaghetti & Meat Sauce w/ Garlic Bread or Cheese Pizza (V) • Tossed Salad • Frozen Fruit Cup • Low Fat Milk
26	27	28	29	30
Breakfast • Cereal w/ Cheese Stick (V) • Apple Slices • Low Fat Milk Lunch • Grilled Cheese Sandwich (V) • Curly Fries • Dill Pickle Chips • Orange Wedges • Low Fat Milk	Breakfast • Mini Pancakes (V) • Craisins • Low Fat Milk Lunch • Morningstar Chik'n Nuggets w/ Dinner Roll (V) • Mashed Potatoes w/ Gravy • Kiwi Wedges • Low Fat Milk	Breakfast • Cereal w/ Cheese Stick (V) • Fresh Banana • Low Fat Milk Lunch • Omelet w/ Biscuit (V) • Baby Carrots • Chilled Peaches • Low Fat Milk	Breakfast • French Toast Sticks (V) • Craisins • Low-Fat Milk Lunch • Pupusa (V) • Baked Plantains • Pico de Gallo • Chilled Mandarin Oranges • Low Fat Milk	Breakfast • Cereal w/ Cheese Stick (V) • Apple Slices • Low Fat Milk Lunch • Chicken Tenders w/ Hushpuppies or Pizza Boli Bites (V) • Tomato & Cucumber Salad • Chilled Pineapple Tidbits • Low Fat Milk

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

(V): Vegetarian Entrée **(V)*:** Vegetarian Entrée, may contain animal-derived rennet **(VG):** Vegan **(H):** Certified Halal