

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Breakfast Entrée: • Cereal w/ Nutri-Grain Bar (V) • Apple Slices • Low-Fat Milk Lunch • Pupusa (V) • Baked Plantains • Pico de Gallo • Chilled Mandarin Oranges • Low Fat Milk	Breakfast • Mini Pancakes (V) • Craisins • 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 • Muffin w/ Cheese Stick (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 • French Toast Sticks (V) • Orange Wedges • 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 • 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 • Chicken Biscuit or Cereal w/ Nutri-Grain Bar (V) • Apple Slices • Low Fat Milk Lunch • Cheese Quesadilla (V)* • Cilantro Lime Rice • Pico De Gallo • Frozen Fruit Cup • Low Fat Milk	Breakfast • Cereal w/ Cheese Stick (V) • Craisins • 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 • Cereal w/ Nutri-Grain Bar (V) • Orange Wedges • Low Fat Milk Lunch • Popcorn Chicken w/ Dinner Roll or Grilled Cheese Sandwich (V) • House Salad • Chilled Mandarin Oranges • Low Fat Milk	Breakfast • Cinnamon Waffle (V) • Fresh Banana • Low Fat Milk Lunch • French Toast Sticks w/ Egg Bites (V) • Sliced Cucumbers • Chilled Tropical Fruit Salad • Low Fat Milk	Breakfast • Cereal w/ Nutri-Grain Bar (V) • Apple Slices • Low Fat Milk Lunch • Beef & Bean Burrito (H) or Pizza Boli Bites (V) • Corn Salad • Orange Wedges • Low Fat Milk	Breakfast • Mini Pancakes (V) • Craisins • 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.

Prince William County Public Schools
2026-27 PreK School Menu
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 • French Toast Sticks (V) • Orange Wedges • 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 • Chicken Biscuit or Cereal w/ Nutri-Grain Bar (V) • Apple Slices • Low Fat Milk Lunch • Beef Nachos w/ Queso or Cheese Quesadilla (V)* • Pepper Strips • Chilled Pears & Blueberries • Low Fat Milk	Breakfast • Muffin w/ Cheese Stick (V) • Craisins • 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 • Turkey & Cheese Croissant or 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 • Cereal w/ Nutri-Grain Bar (V) • Orange Wedges • Low Fat Milk Lunch • Morningstar Chik'n Nuggets w/ Dinner Roll (V) • Mashed Potatoes w/ Gravy • Kiwi Wedges • Low Fat Milk	Breakfast • Cinnamon Waffle (V) • Fresh Banana • Low Fat Milk Lunch • Omelet w/ Biscuit (V) • Baby Carrots • Chilled Peaches • Low Fat Milk	Breakfast • Cereal w/ Nutri-Grain Bar (V) • Apple Slices • Low-Fat Milk Lunch • Pupusa (V) • Baked Plantains • Pico de Gallo • Chilled Mandarin Oranges • Low Fat Milk	Breakfast • Mini Pancakes (V) • Craisins • 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

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