



Gove Elementary

Ese Pre-K Lunch · October 2026

**Monday****Tuesday****Wednesday****Thursday****Friday**

- 5**
- Grilled Chicken Nuggets** 102 cal
- offered with
- Dinner Roll 80 cal
- Sweet Potato Fries 65 cal
- Fresh Fruit 72 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
- or
- Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

- 6**
- Chicken Nuggets** 135 cal
- Seasoned Black Beans 71 cal
- Assorted Fruit Cups 65 cal
- or
- Assorted Apple Sauce 53 cal
- Chocolate Chip Mini Loaf Combo 280 cal

- 7**
- Macaroni and Cheese** 350 cal
- Broccoli 19 cal
- Fresh Fruit 72 cal
- Turkey & Cheese Croissant Sandwich 187 cal

- 1**
- Hamburger** 319 cal
- or
- Cheeseburger 355 cal
- Potato Sticks 50 cal
- Assorted Fruit Cups 65 cal
- Assorted Apple Sauce 53 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
- Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

- 2**
- Chicken Tenders** 219 cal
- Corn 42 cal
- Fresh Fruit 72 cal
- Blueberry Muffin Combo 276 cal

- 9**
- Mini Twin Cheeseburgers** 316 cal
- Potato Smiles 65 cal
- Fresh Fruit 72 cal
- Chocolate Chip Mini Loaf Combo 280 cal

No menu published

- 13**
- Pollo Asado** 105 cal
- offered with
- Black Beans & Rice 136 cal
- Yuca Fries 109 cal
- Assorted Fruit Cups 65 cal
- or
- Assorted Apple Sauce 53 cal
- Banana Mini Loaf Combo 330 cal

- 14**
- Penne Pasta with Meatballs** 244 cal
- Green Beans 21 cal
- Fresh Fruit 72 cal
- Turkey & Cheese Croissant Sandwich 187 cal

- 15**
- Mini Cheese Pizza Bagel** 259 cal
- Peas & Carrots 37 cal
- Assorted Fruit Cups 73 cal
- or
- Assorted Apple Sauce 53 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
- Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

- 16**
- Chicken Nuggets** 135 cal
- Potato Sticks 50 cal
- Fresh Fruit 72 cal
- Banana Mini Loaf Combo 330 cal

- 19**
- Macaroni and Cheese** 350 cal
- BBQ Baked Beans 102 cal
- Fresh Fruit 72 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
- or
- Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

- 20**
- Dill Chicken Bites** 142 cal
- Sliced Sweet Plantains 140 cal
- Assorted Fruit Cups 65 cal
- or
- Assorted Apple Sauce 53 cal
- Chocolate Chip Mini Loaf Combo 280 cal

- 21**
- Cheese Pizza** 310 cal
- Peas & Carrots 37 cal
- Fresh Fruit 72 cal
- Turkey & Cheese Croissant Sandwich 187 cal

- 22**
- Popcorn Chicken** 240 cal
- Mashed Potatoes 60 cal
- Assorted Fruit Cups 65 cal
- or
- Assorted Apple Sauce 53 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
- Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

- 23**
- Chicken and Cheese Slider** 252 cal
- Broccoli 19 cal
- Fresh Fruit 72 cal
- Chocolate Chip Mini Loaf Combo 280 cal

- 26**
- Asian Chicken Bites** 166 cal
- Green Peas 45 cal
- Fresh Fruit 72 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
- or
- Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

- 27**
- Popcorn Chicken** 240 cal
- Seasoned Red Beans 83 cal
- Assorted Fruit Cups 65 cal
- or
- Assorted Apple Sauce 53 cal
- Blueberry Muffin Combo 276 cal

- 28**
- Penne Pasta w/Meat Sauce & Cheese Stick** 311 cal
- Broccoli 19 cal
- Fresh Fruit 72 cal
- Turkey & Cheese Croissant Sandwich 187 cal

- 29**
- Chicken Tenders** 219 cal
- Green Beans 21 cal
- Assorted Fruit Cups 65 cal
- or
- Assorted Apple Sauce 53 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
- Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

- 30**
- Mini Twin Cheeseburgers** 316 cal
- Potato Smiles 65 cal
- Fresh Fruit 72 cal
- Blueberry Muffin Combo 276 cal

Served every day

- Assorted Unflavored Milk