



PRE K MENU OCTOBER 2026

Alexander Wilson Elementary

Alamance-Burlington School System



Monday

Tuesday

Wednesday

Thursday

Friday

No menu published

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CHICKEN & WAFFLE BREAKFAST 190 cal
Sliced Peaches 60 cal
Chicken Popcorn 250 cal
Mini Corn Dogs 250 cal
Juicy Juice Orange Medley 50 cal
Home-style Green Beans 9 cal
Sliced Pears 63 cal
Goldfish Crackers - Colors 100 cal

EGGS BACON & TOAST 200 cal
Raisels 120 cal
Chicken Fillet Sandwich 340 cal
Chicken Fillet Spicy Sandwich 340 cal
Spaghetti w/ Meat Sauce 416 cal
Garden Salad 11 cal
Hot Buttered Corn pk 39 cal
Assorted Fresh Fruit 384 cal
Whole Grain Nacho Cheese Doritos 130 cal

SOUTHERN BISCUIT 160 cal
Sausage Patty (Turkey) 80 cal
Pineapple Tidbits 80 cal
Mac and Cheese 296 cal
Chicken Cheesy Hotz 199 cal
Chicken Chunks Gold Creek 191 cal
Broccoli Roasted PK 10 cal
Sidekicks Sunbelieve Smoothie 90 cal
Sidekicks Tropicool Smoothie 70 cal
Applesauce Cup 60 cal
Cheetos 110 cal

YOGURT 70 cal
Blueberry Muffin Mini 150 cal
1.6oz
Chocolate Chip Muffin Mini 160 cal
Sliced Pears 63 cal
All Beef Hot Dog 290 cal
Tony's French Bread 330 cal
Baked Beans 70 cal
Potato Wedges 60 cal
Peach Cobbler 317 cal
Cheez-Its 100 cal

ASSORTED CEREAL 1 OUNCE 120 cal
Applesauce Cup 60 cal
Nardone's Cheese Pizza 336 cal
Nardone's Pepperoni Pizza 310 cal
Yogurt Snack Pack 325 cal
Seasoned Carrots 19 cal
Creamy Mashed Potatoes 37 cal
Assorted Fresh Fruit 384 cal
Scooby Doo Graham Crackers WW 120 cal

YOGURT 70 cal
Granola 90 cal
Sliced Peaches 60 cal
Chicken Chunks Gold Creek 191 cal
Yogurt Snack Pack 325 cal
Sweet Potato Waffle Fries PK 71 cal
Baked Beans 70 cal
Assorted Fresh Fruit 384 cal
Whole Wheat Cinnamon Goldfish Cracker 120 cal

EGGS SAUSAGE & TOAST 230 cal
Applesauce Cup 60 cal
Cheeseburger 390 cal
Tony's French Bread 330 cal
Roasted California Blend PK 15 cal
Potato Wedges 60 cal
Sliced Peaches 60 cal
Whole Grain Cool Ranch Doritos 130 cal

SOUTHERN BISCUIT 160 cal
Chicken Patty Breakfast 80 cal
Sliced Pears 63 cal
Chicken Fillet Sandwich 340 cal
Chicken Fillet Spicy Sandwich 340 cal
Beef Dippers 206 cal
Roll Baked 1 oz 70 cal
Sidekicks Sunbelieve Smoothie 90 cal
Sidekicks Tropicool Smoothie 70 cal
Broccoli Roasted PK 10 cal
Applesauce Cup 60 cal
Cheez-Its 100 cal

YOGURT 70 cal
Blueberry Muffin Mini 150 cal
1.6oz
Chocolate Chip Muffin Mini 160 cal
Pineapple Tidbits 80 cal
Chicken Pie 181 cal
Roll Baked 1 oz 70 cal
Nardone's Cheese Pizza 336 cal
Nardone's Pepperoni Pizza 310 cal
Creamy Mashed Potatoes 37 cal
Home-style Green Beans 9 cal
Assorted Fresh Fruit 384 cal
Cheetos 110 cal

PANCAKE CONFETTI 200 cal
Raisels 120 cal
Beef Nachos 316 cal
Yogurt Snack Pack 325 cal
Juicy Juice Orange Medley 50 cal
Crispy Tater Tots 46 cal
Sliced Pears 63 cal
Scooby Doo Graham Crackers WW 120 cal

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PANCAKE WRAP CHICKEN 190 cal
Sliced Peaches 60 cal
Chicken Popcorn 250 cal
Nardone's Cheese Pizza 336 cal
Nardone's Pepperoni Pizza 310 cal
Juicy Juice Orange Medley 50 cal
Home-style Green Beans 9 cal
Cheetos 110 cal

SOUTHERN BISCUIT 160 cal
Chicken Patty Breakfast 80 cal
Sliced Pears 63 cal
Walking Taco w/Doritos 348 cal
Yogurt Snack Pack 325 cal
Hot Buttered Corn pk 39 cal
Pinto Beans 79 cal
Pineapple Tidbits 80 cal
Cheez-Its 100 cal

YOGURT 70 cal
Blueberry Muffin Mini 150 cal
1.6oz
Chocolate Chip Muffin Mini 160 cal
Applesauce Cup 60 cal
Chicken Chunks Gold Creek 191 cal
BLT Turkey Salad 257 cal
Goldfish Crackers - Colors 100 cal
Cool Tropics Tropical Trio 80 cal
Cool Tropics Berry Blue 60 cal
Sweet Potato Waffle Fries 46 cal
Sliced Pears 63 cal
Cheetos Puffs .70 oz 90 cal

ASSORTED CEREAL 1 OUNCE 120 cal
Mixed Fruit 85 cal
Cheeseburger 390 cal
Stuffed Crust Cheese Pizza 310 cal
Stuffed Crust Pepperoni Pizza 330 cal
Crispy Tater Tots 46 cal
Baby Carrots 24 cal
Strawberry Cup 80 cal
Whole Grain Cool Ranch Doritos 130 cal

Served every day:

1% Milk - Skim Milk

Menu data from Alamance-Burlington School System, drawn by schoolmenuapp.com. Menu subject to change. Calories are per serving, as Alamance-Burlington School System publishes them.

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