



PRE K MENU

OCTOBER 2026

Sylvan Elementary

Alamance-Burlington School System



Monday

Tuesday

Wednesday

Thursday

Friday

			1 No menu published	2 No menu published
5 No menu published	6 No menu published	7 No menu published	8 No menu published	9 No menu published
12 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	13 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	14 SOUTHERN BISCUIT 160 cal Sausage Patty (Turkey) 80 cal Pineapple Tidbits 80 cal Mac and Cheese 296 cal Chicken Cheezy 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	15 YOGURT 70 cal Blueberry Muffin Mini 1.6oz 150 cal 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	16 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
19 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	20 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	21 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	22 YOGURT 70 cal Blueberry Muffin Mini 1.6oz 150 cal 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	23 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
26 No menu published	27 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	28 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	29 YOGURT 70 cal Blueberry Muffin Mini 1.6oz 150 cal 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	30 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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