



AHS PRE-K LUNCH

OCTOBER 2026

Asheville High School

Asheville City Schools



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

TOASTED CHEESE SANDWICH 390 cal
 Seasoned Corn 45 cal
 Apple Slices 25 cal

13

TRADITIONAL PEPPERONI PIZZA 370 cal
 Savory Steamed Carrots 35 cal
 Fresh Orange Wedges 25 cal

14

ROTINI TOSSED IN ITALIAN MEAT SAUCE 330 cal
 Sliced Cucumbers
 Chilled Applesauce 25 cal

15

CINNAMON ROASTED SWEET POTATO 70 cal
 Chilled Peaches 30 cal

16

HAWAIIAN ROLL 110 cal
 Home-Style Meatloaf 240 cal
 Mashed Potatoes 110 cal
 Fresh Pear 45 cal

19

TRADITIONAL PEPPERONI PIZZA 370 cal
 Smile Potatoes 130 cal
 Pineapple Tidbits 35 cal

20

CHICKEN PASTA ALFREDO 230 cal
 Fresh Orange Wedges 25 cal
 Seasoned Peas 45 cal

21

TURKEY HAM & CHEESE ON FLATBREAD 330 cal
 Broccoli 5 cal
 Strawberry Cup 80 cal

22

TURKEY SAUSAGE PATTY 120 cal
 Whole Grain French Toast Sticks 250 cal
 Chilled Diced Pears 30 cal
 Tater Tots 60 cal

23

BEAN BURRITO 310 cal
 Seasoned Yellow Corn 45 cal
 Applesauce 25 cal

26

BEEF HOT DOG ON WHOLE WHEAT BUN 320 cal
 Crinkle Cut French Fries 60 cal
 Fresh Orange Wedges 25 cal

27

SEASONED BEEF TACO MEAT 170 cal
 Shredded Cheddar Cheese 110 cal
 Soft Flour Tortilla 130 cal
 Mexican Style Pinto Beans 60 cal
 Apple Slices 25 cal

28

CLASSIC CHEESE PIZZA 340 cal
 Red Bell Pepper Strips 5 cal
 Pineapple Tidbits 35 cal

29

GRILLED CHICKEN SANDWICH 270 cal
 Savory Green Beans 20 cal
 Cantaloupe 15 cal

30

CHEESE STUFFED BREADSTICKS 300 cal
 Sliced Fresh Strawberries 15 cal
 Fresh Carrots 10 cal
 Pizza Sauce 35 cal

Served every day:

Low Fat Milk · Fat Free Milk · Homemade Ranch Dressing

Menu data from Asheville City Schools, drawn by schoolmenuapp.com. Menu subject to change. Calories are per serving, as Asheville City Schools publishes them.