



PREK BREAKFAST 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

BREAKFAST TURKEY SAUSAGE PIZZA 210 cal
 Chilled Diced Pears 60 cal

13

LOW FAT MOZZARELLA STRING CHEESE 80 cal
 Rice Chex 110 cal
 Apple Slices 50 cal

14

CHICKEN BISCUIT SANDWICH 300 cal
 Chilled Applesauce 50 cal

15

MINI CINNAMON WAFFLES 190 cal
 Fresh Banana 90 cal

16

WHOLE GRAIN BLUEBERRY MUFFIN 190 cal
 Vanilla Yogurt 70 cal
 Fresh Orange Wedges 45 cal

19

TURKEY SAUSAGE & CHEESE BISCUIT SANDWICH 290 cal
 Apple Slices 50 cal

20

CINNAMON TOAST CRUNCH MINI FRENCH TOAST BITES 210 cal
 Fresh Orange Wedges 45 cal

21

LOW FAT MOZZARELLA STRING CHEESE 80 cal
 Rice Chex 110 cal
 Applesauce 50 cal

22

MINI STRAWBERRY PANCAKE PUFFS 190 cal
 Chilled Diced Pears 60 cal

23

WHOLE GRAIN BLUEBERRY MUFFIN 190 cal
 Strawberry Yogurt 60 cal
 Fresh Banana 90 cal

26

BLUEBERRY BASH WAFFLES 210 cal
 Peach Cup 90 cal

27

MINI WHOLE GRAIN BISCUIT 90 cal
 Chilled Diced Pears 60 cal

28

STRAWBERRY CREAM CHEESE STUFFED BAGEL 240 cal
 Apple Slices 50 cal

29

WHOLE GRAIN BLUEBERRY MUFFIN 190 cal
 Strawberry Yogurt 60 cal
 Fresh Orange Wedges 45 cal

30

MINI CONFETTI PANCAKES 210 cal
 Fresh Banana 110 cal

Served every day:

Low Fat Milk • Fat Free Milk

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

nutrislice