



LUNCH OCTOBER 2026

Ira B Jones Elementary School

Asheville City Schools



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			No menu published	No menu published
5	6	7	8	9
No menu published	No menu published	No menu published	No menu published	No menu published
12	13	14	15	16
CLASSIC CHICKEN SANDWICH 340 cal Homemade Cheese Pizza 430 cal Bagels 90 cal Seasoned Crinkle Cut Fries 180 cal BBQ Baked Beans 180 cal Sunbutter Sandwich & Veggie Fun Lunch 510 cal Fresh Granny Smith Apple 80 cal Chilled Diced Pears 60 cal Fresh Carrots 10 cal Citrus Chickpea Salad 110 cal Homemade Ranch Dressing 100 cal	HAWAIIAN ROLL 110 cal Mashed Potato & Chicken Bowl 350 cal Toasted Pimento Cheese Sandwich 550 cal Seasoned Green Beans & Carrots 50 cal Turkey, Cheese & Flatbread Fun Lunch 360 cal Fresh Orange 45 cal Chilled Applesauce 60 cal Fresh Broccoli Florets 5 cal Red Bell Pepper Strips 5 cal Homemade Ranch Dressing 100 cal	HOME-STYLE BEEF AND BEAN CHILI 90 cal Shredded Cheddar Cheese 50 cal Tortilla Chips 280 cal Turkey & Cheese on Flatbread 330 cal Broccoli 25 cal Warm Baked Apple Slices 230 cal Blueberry Waffles, Yogurt & Cheese Fun Lunch 350 cal Fresh Pear 90 cal Chilled Fruit Cocktail 80 cal Fresh Carrots 10 cal Green Peas 40 cal Homemade Ranch Dressing 100 cal	SOFT FLOUR TORTILLA 180 cal Taco Seasoned Pulled Pork 210 cal Cheese Lasagna Rollup 240 cal Herb Breadstick 90 cal Cinnamon Roasted Sweet Potato 70 cal Hummus & Veggie Bento Box 460 cal Fresh Fuji Apple 70 cal Chilled Peaches 60 cal Sliced Cucumbers 5 cal Fresh Broccoli Florets 5 cal Homemade Ranch Dressing 100 cal Salsa 20 cal	TRADITIONAL PEPPERONI PIZZA 370 cal Classic Cheese Pizza 340 cal Aloha Pizza 330 cal Seasoned Corn 90 cal Sunbutter Sandwich & Veggie Fun Lunch 510 cal Fresh Banana 110 cal Strawberry Mango Frozen SideKicks 90 cal Fresh Carrots 10 cal Citrus Chickpea Salad 110 cal Homemade Ranch Dressing 100 cal
19	20	21	22	23
TRADITIONAL CHEESEBURGER 380 cal Brown Rice 110 cal Cinnamon Roasted Sweet Potato 70 cal Seasoned Black Beans 100 cal Shredded Mozzarella Cheese 80 cal Pickles 5 cal Smile Potatoes 130 cal Bug Bites & Yogurt Fun Lunch 270 cal Fresh Whole Apple 60 cal Pineapple Tidbits 70 cal Fresh Carrots 25 cal Shredded Lettuce & Sliced Tomato 5 cal Ranch Dressing 45 cal	BEEF NACHOS 460 cal Bean & Cheese Quesadilla 380 cal Salsa 20 cal Seasoned Corn 90 cal Sunbutter Sandwich & Veggie Fun Lunch 510 cal Fresh Orange Wedges 60 cal Chilled Pears 80 cal Sliced Cucumbers 5 cal Citrus Chick Pea Salad 50 cal Ranch Dressing 45 cal	TURKEY CORN DOG 280 cal Buttermilk Pancakes 180 cal Impossible Sausage Patties 210 cal Low Fat Mozzarella String Cheese 80 cal BBQ Baked Beans 180 cal Blueberry Crisp 200 cal Turkey & Cheese Sandwich 280 cal Fresh Pear 90 cal Peach Cup 90 cal Green Peas 40 cal Broccoli 5 cal Ranch Dressing 45 cal	CRISPY CHICKEN CORDON BLEU 480 cal Cheese Stuffed Breadsticks 300 cal Marinara Sauce 30 cal Vegetable Pasta Salad 100 cal Seasoned Broccoli 45 cal Sunbutter Sandwich & Veggie Fun Lunch 510 cal Fresh Orange Wedges 60 cal Chilled Applesauce 50 cal Sliced Cucumbers 5 cal Fresh Celery Sticks 5 cal Ranch Dressing 45 cal	CHEESE PIZZA 270 cal Traditional Pepperoni Pizza 370 cal Pepperoni & Jalapeno Pizza 370 cal Seasoned Corn 90 cal Hummus & Veggie Bento Box 460 cal Fresh Granny Smith Apple 80 cal Sunbelievable Frozen SideKicks 90 cal Fresh Carrots 25 cal Citrus Chick Pea Salad 50 cal Ranch Dressing 45 cal
26	27	28	29	30
HAWAIIAN ROLL 110 cal Home-Style Meatloaf 190 cal Toasty Cheese Sandwich 370 cal Mashed Potatoes 110 cal Baby Carrots 30 cal Sunbutter Sandwich & Veggie Fun Lunch 510 cal Fresh Orange 45 cal Cinnamon Applesauce 50 cal Fresh Carrots 25 cal Corn 40 cal Ranch Dressing 45 cal	GRILLED CHICKEN SANDWICH 270 cal Bean Burrito 390 cal Corn on the Cob 45 cal Turkey, Cheese & Flatbread Fun Lunch 360 cal Fresh Pear 90 cal Chilled Peaches 60 cal Broccoli 5 cal Garbanzo Beans 110 cal Ranch Dressing 45 cal Teriyaki Sauce 60 cal	CHICKEN PASTA ALFREDO 230 cal Herb Breadstick 90 cal Veggie Burger 300 cal Shredded Lettuce & Sliced Tomato 5 cal Steamed Peas 70 cal Blueberry Waffles, Yogurt & Cheese Fun Lunch 350 cal Fresh Fuji Apple 70 cal Chilled Pears 80 cal Sliced Cucumbers 5 cal Fresh Cherry Tomatoes 5 cal Ranch Dressing 45 cal	BROWN FRIED RICE 170 cal Chicken & Vegetable 240 cal Dumplings 190 cal BBQ Tofu 150 cal Hamburger Bun 150 cal Seasoned Mixed Vegetables 110 cal Hummus & Veggie Bento Box 460 cal Fresh Red and Green Seedless Grapes 50 cal Pineapple Tidbits 35 cal Broccoli 5 cal Garbanzo Beans 110 cal Ranch Dressing 45 cal	TRADITIONAL PEPPERONI PIZZA 370 cal Classic Cheese Pizza 340 cal Seasoned Corn 90 cal Sunbutter Sandwich & Veggie Fun Lunch 510 cal Fresh Granny Smith Apple 80 cal Peach Cup 90 cal Fresh Carrots 25 cal Fresh Cherry Tomatoes 5 cal Ranch Dressing 45 cal

Served every day:

Low Fat Milk Chocolate Low Fat 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