



PREK BREAKFAST OCTOBER 2026

Ira B Jones Elementary 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.

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