



PREK LUNCH 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 CLASSIC CHICKEN SANDWICH 340 cal Crinkle Cut French Fries 30 cal Apple Slices 25 cal	13 POPCORN CHICKEN 220 cal Seasoned Homestyle Mashed Potatoes 60 cal Fresh Orange Wedges 25 cal	14 TURKEY HAM & CHEESE SANDWICH 310 cal Seasoned Broccoli Florets 20 cal Fresh Pear 90 cal	15 CHEESE LASAGNA ROLLUP 240 cal Cinnamon Roasted Sweet Potato 70 cal Chilled Peaches 30 cal	16 TRADITIONAL PEPPERONI PIZZA 370 cal Classic Cheese Pizza 340 cal Seasoned Corn 45 cal Fresh Banana 90 cal
19 TRADITIONAL CHEESEBURGER 380 cal Smile Potatoes 130 cal Apple Slices 25 cal	20 BEEF NACHOS 460 cal Fresh Orange Wedges 25 cal Sliced Cucumbers	21 BUTTERMILK PANCAKES 180 cal Low Fat Mozzarella String Cheese 80 cal Nonfat Blueberry Greek Yogurt^ 90 cal Tater Tots 60 cal Blueberry Crisp 200 cal	22 LOW FAT MOZZARELLA STRING CHEESE 80 cal Applesauce 25 cal Sliced Cucumbers	23 CHEESE PIZZA 270 cal Traditional Pepperoni Pizza 370 cal Seasoned Yellow Corn 45 cal Chilled Peaches 30 cal
26 TOASTY CHEESE SANDWICH 370 cal Savory Steamed Carrots 35 cal Applesauce 50 cal	27 GRILLED CHICKEN SANDWICH 270 cal Chilled Peaches 50 cal Corn on the Cob 45 cal	28 CHICKEN PASTA ALFREDO 230 cal Apple Slices 25 cal Seasoned Peas 45 cal	29 BROWN RICE 110 cal Chicken & Vegetable Dumplings 120 cal Pineapple Tidbits 35 cal Rainbow Veggie Medley 35 cal Low Fat Mozzarella String Cheese 80 cal	30 TRADITIONAL PEPPERONI PIZZA 370 cal Classic Cheese Pizza 340 cal Chilled Peaches 70 cal Seasoned Corn 45 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.

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