



PREK LUNCH

OCTOBER 2026

Isaac Dickson Elementary School

Asheville City Schools



Monday

Tuesday

Wednesday

Thursday

Friday

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