November 2026

Weston Academy Pre-K Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 **Breakfast** 2 oz. WG Banana Muffin, 1/2 c. Mixed Fruit & 8 oz. Milk **Lunch** 2 oz. WG Chicken Patty Sandwich on 2 oz. WG Bun, 1/4 c. Apple Slices, 1/4 c. Sweet Potato Fries, Mayo, Ketchup & 8 oz. Milk **Snack** 1 oz. WG Cheez Its & 1/2 c. 100% Vegetable Juice	3 **Breakfast** 2 oz. WG French Toast, 1/2 c. Applesauce, 8 oz. Milk & Syrup **Lunch** Turkey Sandwich w/ 2 oz. Turkey & Cheese, 2 oz. WW Bread, 1/4 c. Potato Wedges, 1/4 c. Fresh Orange, Mayo, Ketchup & 8 oz. Milk **Snack** 1 oz. String Cheese & 1/2 c. Fresh Cucumbers	4 **Breakfast** 1 oz. WG Rice Krispies, 1/2 c. Diced Pineapples & 8 oz. Milk **Lunch** Soft Taco 1 oz. Beef & 1 oz. Cheese, 1/4 c. Yellow Apple, 1/4 c. Pinto Beans, 1 oz. WG Tortilla, Taco Sauce & 8 oz. Milk **Snack** Ants on a Log: 1/4 c. Celery Sticks, 1 oz. Cream Cheese & 1/4 c. Raisins	5 **Breakfast** 2 oz. WG Waffles, 1/2 c. Diced Pears, 8 oz. Milk & Syrup **Lunch** 6-Popcorn Chicken, 1/4 c. Mashed Potatoes, 1 oz. Dinner Roll, 1/4 c. Fresh Banana, Ranch & Milk **Snack** 1 oz. WG Goldfish Graham Crackers & 1/2 c. Vanilla Yogurt	6 **Breakfast** 1 oz. WG Honey Cheerios, 1/2 c. Diced Peaches & 8 oz. Milk **Lunch** 5 oz. Cheese Pizza, 1/2 c. Side Salad w/ Ranch, 1/4 c. Mandarin Oranges & 8 oz. Milk **Snack** 1 oz. WG Cheese Goldfish & 1/2 c. Applesauce
9 **Breakfast** 2 oz. WG Cornflakes, 1/2 c. Mandarin Oranges & Milk **Lunch** Meatball Sub w/ (4) Meatballs & 1 oz. Cheese, 1 oz. Marinara, 1/4 c. Apple Slices, 1/4 c. Glazed Carrots & 8 oz. Milk **Snack** 1 oz. Wheat Crackers & 2 oz. Cheese Cubes	10 **Breakfast** 1 oz. WG Biscuit, 1 oz. Turkey Sausage, 1/2 c. Diced Peaches, 8 oz. Milk & Jelly **Lunch** 3-Chicken Tenders, 1 oz. WG Waffle, 1/4 c. Tater Tots, 1/4 c. Fresh Orange, Syrup, Ketchup & 8 oz. Milk **Snack** 1 oz. Cereal Trail Mix & 1/2 c. Vegetable Juice	11 **Breakfast** 1 oz. WG Graham Crackers, 1/2 c. Applesauce & 8 oz. Milk **Lunch** Beef & Cheese Nacho, 1/4 c. Black Beans, 1/4 c. Yellow Apple, 1 oz. Corn Chips & 8 oz Milk **Snack** 2 oz. Cottage Cheese & 1/2 c. Diced Peaches	12 **Breakfast** 1 oz. WG Pancake, 1 oz. Turkey Sausage, 1/4 c. Banana, Syrup, Milk **Lunch** 2-Beef Teriyaki Dippers, 1/4 c. Broccoli, 1/4 c. Fresh Banana, 1/4c. Brown Rice & 8 oz. Milk **Snack** 1/2 c. Fresh Apples & 1 oz. String Cheese	13 **Breakfast** 2 oz. WG Rice Krispies, 1/2 c. Diced Pears & 8 oz. Milk **Lunch** 5 oz. WG Cheese Pizza, 1/4 c. Side Salad w/ Ranch, 1/4 c. Mandarin Oranges & 8 oz. Milk **Snack** 1 oz. WG Cheez Its & 1/2 c. 100% Vegetable Juice
16 **Breakfast** 1 oz. WG Biscuit, 1 oz. Turkey Sausage, 1/2 c. Diced Peaches, 8 oz. Milk & Jelly **Lunch** 3- Chicken Tenders, 1/4 c. Sweet Potato Crinkle Fries, 1/4 c. Apple Slices, Ketchup, BBQ Sauce & 8 oz. Milk **Snack** 1 oz. WG Goldfish Graham Crackers & 1/2 c. Vanilla Yogurt	17 **Breakfast** 1 oz. WG Waffles, 1/2 c. Diced Pears, Syrup & 8 oz. Milk **Lunch** Cheeseburger on WW Bun, 1/2 c. Potato Wedges, 1/4 c. Fresh Orange, Ketchup & 8 oz. Milk **Snack** 1 oz. String Cheese & 1/2 c. Fresh Cucumbers	18 **Breakfast** 2 oz. Cheerios Cereal, 1/2 c. Mixed Fruit & Milk **Lunch** Chicken Fajita w/ 1 oz. Chicken & 1 oz. Cheese, 1 oz. WG Tortilla, 1/4 c. Black Beans & Corn, 1/4 c. Yellow Apple, 8 oz. Milk, Taco Sauce **Snack** 1 oz. WG Cheez Its & 1/2 c. 100% Vegetable Juice	19 **Breakfast** 2 oz. WG French Toast, 1/2 c. Applesauce, 8 oz. Milk & Syrup **Lunch** 4 oz. Cheeseburger Mac w/ Elbow Noodles, 1/2 c. Green Beans, 1/4 c. Fresh Banana & Milk **Snack** Ants on a Log: 1/4 c. Celery Sticks, 1 oz. Cream Cheese & 1/4 c. Raisins	20 **Breakfast** 2 oz. WG Rice Chex Cereal, 1/2 c. Diced Pineapples & 8 oz. Milk **Lunch** 5 oz. WG Cheese Pizza, 1/4 c. Mandarin Oranges, 1/2 c. Side Salad w/ Ranch & 8 oz. Milk **Snack** 1 oz. WG Cheese Goldfish & 1/2 c. Applesauce
23 **Breakfast** 2 oz. WG Honey Cheerios, 1/2 c. Pears & Milk **Lunch** 3 oz Sloppy Joe Sandwich on 2 oz. WW Bun, 1/4 c. Glazed Carrots, 1/4 c. Apple Slices, 8 oz. Milk **Snack** 1 oz. Cereal Trail Mix & 1/2 c. Vegetable Juice	24 **Breakfast** 1 oz. WG Bagel w/ Cream Cheese, 1/2 c. Mixed Fruit & 8 oz. Milk **Lunch** Thanksgiving Feast: 2 oz. Turkey, 1/4 c. Mashed Potatoes & Green Beans, 1 oz. Gravy, 1/4 c. Mixed Fruit, 1.1 oz. WG Dinner Roll & Milk **Snack** 2 oz. Vanilla Yogurt & 1/2 c. WG Grahams	25 	26 	27 
30 **Breakfast** 2 oz. WG Rice Chex Cereal, 1/2 c. Diced Pineapples & 8 oz. Milk **Lunch** 5 oz. WG Cheese Pizza, 1/4 c. Mandarin Oranges, 1/2 c. 100% Vegetable Juice & 8 oz. Milk **Snack** 1 oz. WG Cheese Goldfish & 1/2 c. Applesauce				

This institution is an equal opportunity provider.

Menu items are subject to change based on availability.

Choice of Milk: FF Chocolate, FF White or Lactose