

# FEBRUARY 2010 WAKE COUNTY PUBLIC SCHOOLS MIDDLE MENU


## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<p><b>1</b> Sausage Biscuit Cereal w/Toast</p> <p>Stuffed Crust Pizza Turkey Corn Dog Seasoned Peas Glazed Carrots Peach Cup Fresh Fruit</p>	<p><b>2</b> Cinnamon Bun Pork Sausage Breakfast Pizza</p> <p>Chicken Sandwich Lasagna w/ Meat Sauce w/Breadstick Seasoned Broccoli Corn on the Cob Baked Apples Fresh Fruit</p>	<p><b>3</b> Chicken Biscuit Cinnamon Coffee Cake</p> <p>Hamburger on Bun Turkey and Cheese Sub Lettuce, Tomato, Onion, Pickle Steamed Cabbage Chilled Peaches Fresh Fruit</p>	<p><b>4</b> Waffles w/Syrup Scrambled Eggs, Grits &amp; Toast</p> <p>Asian Chicken Bites w/ Fried Rice Toasted Cheese Sandwich Vegetable Soup Seasoned Green Beans Chilled Peaches Fresh Fruit</p>	<p><b>5</b> Ham and Cheese Biscuit Bagel with Cream Cheese</p> <p>Hot Dog on Bun w/Chili Fish Filet on Bun Oven Baked Potato Wedges Baked Beans Creamy Cole Slaw Chilled Mixed Fruit</p>
<p><b>8</b> Sausage Biscuit Cereal w/Toast</p> <p>Pork Pepperoni Pizza Tex Mex Tacos w/Chips or Soft Shell and Salsa Shredded Lettuce &amp; Diced Tomatoes Whole Kernel Corn Cinnamon Applesauce Fresh Fruit</p>	<p><b>9</b> Cinnamon Bun Sausage Pancake on a Stick</p> <p>Chicken Tenders w/Roll Spaghetti w/Meat Sauce w/Roll Tossed Salad Seasoned Pinto Beans Chilled Peaches Fresh Fruit</p>	<p><b>10</b> Chicken Biscuit Fruit Muffin</p> <p>Cheeseburger on Bun Max Cheese Sticks w/ Marinara Sauce Lettuce, Tomato, Onion, Pickle Seasoned Broccoli Chilled Peaches Fresh Fruit</p>	<p><b>11</b> Pancakes w/Syrup Cereal w/Toast</p> <p>Popcorn Chicken w/Roll Turkey and Cheese Sandwich Whipped Potatoes and Gravy Seasoned Green Beans Baked Apples Fresh Fruit</p>	<p><b>12</b> Ham and Cheese Biscuit French Toast w/Syrup</p> <p>Hot Dog in Bun w/Chili NC Chicken BBQ on Bun Oven Baked Potato Rounds Baked Beans Creamy Cole Slaw Chilled Mixed Fruit</p>
<p><b>15</b> Sausage Biscuit Cereal w/Toast</p> <p>Cheese Pizza Corn Dog Nuggets Seasoned Peas Veggie Sticks with Dip Cinnamon Applesauce Fresh Fruit <i>Traditional Calendar Workday</i></p>	<p><b>16</b> Cinnamon Bun Pork Sausage Breakfast Pizza</p> <p>Chicken Sandwich Italian Beef-O-Roni w/Breadstick Tossed Salad Seasoned Broccoli Peach Cup Fresh Fruit</p>	<p><b>17</b> Chicken Biscuit Cinnamon Coffee Cake</p> <p>Cheeseburger on Bun Vegetarian Hot Pocket w/Marinara Seasoned Pinto Beans Lettuce, Tomato, Onion, Pickle Chilled Peaches Fresh Fruit</p>	<p><b>18</b> Waffles w/Syrup Egg &amp; Cheese Breakfast Entrée</p> <p>Chicken Tenders w/ Roll Macaroni &amp; Cheese w/ Roll Seasoned Green Beans Glazed Carrots Fruit Crisp Fresh Fruit</p>	<p><b>19</b> Ham and Cheese Biscuit Bagel with Cream Cheese</p> <p>Hot Dog on Bun w/Chili Meatball Sub Oven Baked Potato Wedges Baked Beans Creamy Cole Slaw Chilled Mixed Fruit</p>
<p><b>22</b> Sausage Biscuit Cereal w/Toast</p> <p>Pork Pepperoni Pizza Tex Mex Tacos w/Chips or Soft Shell and Salsa Shredded Lettuce &amp; Diced Tomatoes Whole Kernel Corn Chilled Peaches Fresh Fruit</p>	<p><b>23</b> Cinnamon Bun Sausage Pancake on a Stick</p> <p>Popcorn Chicken w/Roll Ham &amp; Cheese Sandwich Whole Kernel Corn Seasoned Green Beans Rice with Gravy Chilled Peaches Fresh Fruit</p>	<p><b>24</b> Chicken Biscuit Fruit Muffin</p> <p>Hamburger on Bun Max Cheese Sticks w/ Marinara Sauce Lettuce, Tomato, Onion, Pickle Seasoned Broccoli Fruit Crisp Fresh Fruit</p>	<p><b>25</b> Pancakes w/Syrup Cereal w/Toast</p> <p>Chicken Nuggets w/Roll Cheesy Nachos w/Salsa Tossed Salad Seasoned Vegetable Blend Peach Cup Fresh Fruit</p>	<p><b>26</b> Ham and Cheese Biscuit French Toast w/Syrup</p> <p>Hot Dog in Bun w/Chili NC Chicken BBQ on Bun Oven Baked Potato Rounds Baked Beans Creamy Cole Slaw Chilled Mixed Fruit</p>
<p><b>WCPSS Child Nutrition Services Proudly Serves North Carolina Seasonal Produce</b></p>		<p>Remember that CNS offers an autopay or online payment option for meals. It is CNS policy not to give refunds for prepayments. Visit <a href="http://www.wcpss.net/child-nutrition/mylunchmoney.html">http://www.wcpss.net/child-nutrition/mylunchmoney.html</a> for more details.</p> <p>Assorted Fruit or Fruit Juice and Biscuit available daily at Breakfast. 1% &amp; Skim Milk available daily. Chicken Sandwich, Assorted Chef Salads &amp; Peanut Butter &amp; Jelly Sandwiches available at Lunch</p>		