

**MARCH 2010**  
**MONDAY**

**WAKE COUNTY PUBLIC SCHOOLS MIDDLE MENU**  
**TUESDAY**      **WEDNESDAY**      **THURSDAY**      **FRIDAY**

|                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                              |                                                                                                                                                                                                                                     |                                                                                                                                                                                                                      |                                                                                                                                                                                                                  |
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| <p><b>1</b> Sausage Biscuit<br/>Cereal w/Toast</p> <p>Stuffed Crust Pizza<br/>Macaroni &amp; Cheese w/ Roll<br/>Seasoned Peas<br/>Glazed Carrots<br/>Chilled Applesauce<br/>Fresh Fruit</p>                                                        | <p><b>2</b> Cinnamon Bun<br/>Pork Sausage Breakfast Pizza</p> <p>Chicken Sandwich<br/>Lasagna w/ Meat Sauce w/Breadstick<br/>Seasoned Broccoli<br/>Corn on the Cob<br/>Chilled Peas<br/>Fresh Fruit</p>                      | <p><b>3</b> Chicken Biscuit<br/>Cinnamon Coffee Cake</p> <p>Hamburger on Bun<br/>Turkey and Cheese Sub<br/>Lettuce, Tomato, Onion, Pickle<br/>Oven Baked Potato Wedges<br/>Baked Apples<br/>Fresh Fruit</p>                         | <p><b>4</b> Waffles w/Syrup<br/>Scrambled Eggs, Grits &amp; Toast</p> <p>Oven Baked Chicken w/ Roll<br/>NC Chicken BBQ on Bun<br/>Tossed Salad<br/>Seasoned Green Beans<br/>Chilled Peaches<br/>Fresh Fruit</p>      | <p><b>5</b> Ham and Cheese Biscuit<br/>Bagel with Cream Cheese</p> <p>Double Hot Dogs with Chili<br/>Fish Filet on Bun<br/>Baked Beans<br/>Creamy Cole Slaw<br/>Chilled Mixed Fruit<br/>Peach Cup</p>            |
| <p><b>8</b> Super Sausage Biscuit<br/>Cereal w/Toast</p> <p>Pork Pepperoni Pizza<br/>Tex Mex Tacos w/Chips or Soft Shell<br/>and Salsa<br/>Shredded Lettuce &amp; Diced Tomatoes<br/>Whole Kernel Corn<br/>Cinnamon Applesauce<br/>Fresh Fruit</p> | <p><b>9</b> Incredible Cinnamon Bun<br/>Sausage Pancake on a Stick</p> <p>Chicken Tenders w/Roll<br/>Spaghetti w/Meat Sauce w/Roll<br/>Tossed Salad<br/>Seasoned Lima Beans<br/>Baked Apples<br/>Fresh Fruit</p>             | <p><b>10</b> Charged Up Chicken Biscuit<br/>Fruit Muffin</p> <p>Cheeseburger on Bun<br/>Max Cheese Sticks w/ Marinara Sauce<br/>Lettuce, Tomato, Onion, Pickle<br/>Oven Baked Potato Rounds<br/>Chilled Peaches<br/>Fresh Fruit</p> | <p><b>11</b> Power Up Pancakes w/Syrup<br/>Cereal w/Toast</p> <p>Popcorn Chicken w/Roll<br/>Turkey and Cheese Sandwich<br/>Whipped Potatoes and Gravy<br/>Seasoned Green Beans<br/>Chilled Peas<br/>Fresh Fruit</p>  | <p><b>12</b> Home Run Ham and Cheese Biscuit<br/>French Toast w/Syrup</p> <p>Double Hot Dogs with Chili<br/>Tuna Salad on a Bagel<br/>Baked Beans<br/>Creamy Cole Slaw<br/>Chilled Mixed Fruit<br/>Peach Cup</p> |
| <p><i>National School Breakfast Week March 8<sup>th</sup> - 12<sup>th</sup>: <b>Ready, SET, GO!</b></i></p>                                                                                                                                        |                                                                                                                                                                                                                              |                                                                                                                                                                                                                                     |                                                                                                                                                                                                                      |                                                                                                                                                                                                                  |
| <p><b>15</b> Sausage Biscuit<br/>Cereal w/Toast</p> <p>Cheese Pizza<br/>Corn Dog Nuggets<br/>Seasoned Peas<br/>Veggie Sticks with Dip<br/>Cinnamon Applesauce<br/>Fresh Fruit</p>                                                                  | <p><b>16</b> Cinnamon Bun<br/>Pork Sausage Breakfast Pizza</p> <p>Chicken Sandwich<br/>Italian Beef-O-Roni w/Breadstick<br/>Tossed Salad<br/>Seasoned Broccoli<br/>Apple Crisp<br/>Fresh Fruit</p>                           | <p><b>17</b> Chicken Biscuit<br/>Cinnamon Coffee Cake</p> <p>Cheeseburger on Bun<br/>Vegetarian Hot Pocket w/Marinara<br/>Oven Baked Potato Wedges<br/>Lettuce, Tomato, Onion, Pickle<br/>Chilled Peaches<br/>Fresh Fruit</p>       | <p><b>18</b> Waffles w/Syrup<br/>Egg &amp; Cheese Breakfast Entrée</p> <p>Chicken Tenders w/ Roll<br/>Macaroni &amp; Cheese w/ Roll<br/>Seasoned Green Beans<br/>Glazed Carrots<br/>Chilled Peas<br/>Fresh Fruit</p> | <p><b>19</b> Ham and Cheese Biscuit<br/>Bagel with Cream Cheese</p> <p>Double Hot Dogs with Chili<br/>Fish Filet on Bun<br/>Seasoned Green Beans<br/>Creamy Cole Slaw<br/>Chilled Mixed Fruit<br/>Peach Cup</p>  |
| <p><i>Modified Calendar Schools Out March 8<sup>th</sup> - 19<sup>th</sup></i></p>                                                                                                                                                                 |                                                                                                                                                                                                                              |                                                                                                                                                                                                                                     |                                                                                                                                                                                                                      |                                                                                                                                                                                                                  |
| <p><b>22</b> Sausage Biscuit<br/>Cereal w/Toast</p> <p>Pork Pepperoni Pizza<br/>Tex Mex Tacos w/Chips or Soft Shell<br/>and Salsa<br/>Shredded Lettuce &amp; Diced Tomatoes<br/>Whole Kernel Corn<br/>Chilled Peas<br/>Fresh Fruit</p>             | <p><b>23</b> Cinnamon Bun<br/>Sausage Pancake on a Stick</p> <p>Popcorn Chicken w/Roll<br/>Ham &amp; Cheese Sandwich<br/>Glazed Carrots<br/>Seasoned Green Beans<br/>Rice with Gravy<br/>Chilled Peaches<br/>Fresh Fruit</p> | <p><b>24</b> Chicken Biscuit<br/>Fruit Muffin</p> <p>Hamburger on Bun<br/>Max Cheese Sticks w/ Marinara Sauce<br/>Lettuce, Tomato, Onion, Pickle<br/>Oven Baked Potato Rounds<br/>Fruit Crisp<br/>Fresh Fruit</p>                   | <p><b>25</b> Pancakes w/Syrup<br/>Cereal w/Toast</p> <p>Chicken Nuggets w/Roll<br/>NC Chicken BBQ on Bun<br/>Tossed Salad<br/>Seasoned Vegetable Blend<br/>Chilled Applesauce<br/>Fresh Fruit</p>                    | <p><b>26</b> Ham and Cheese Biscuit<br/>French Toast w/Syrup</p> <p>Double Hot Dogs with Chili<br/>Tuna Salad on a Bagel<br/>Baked Beans<br/>Creamy Cole Slaw<br/>Chilled Mixed Fruit<br/>Peach Cup</p>          |
| <p><b>29</b> Sausage Biscuit<br/>Cereal w/Toast</p> <p>Stuffed Crust Pizza<br/>Turkey Corn Dog<br/>Seasoned Vegetable Blend<br/>Glazed Carrots<br/>Chilled Peaches<br/>Fresh Fruit</p>                                                             | <p><b>30</b> Cinnamon Bun<br/>Pork Sausage Breakfast Pizza</p> <p>Chicken Sandwich<br/>Lasagna w/ Meat Sauce w/Breadstick<br/>Seasoned Broccoli<br/>Corn on the Cob<br/>Chilled Peas<br/>Fresh Fruit</p>                     | <p><b>31</b> Chicken Biscuit<br/>Cinnamon Coffee Cake</p> <p>Hamburger on Bun<br/>Turkey and Cheese Sub<br/>Lettuce, Tomato, Onion, Pickle<br/>Oven Baked Potato Wedges<br/>Chilled Applesauce<br/>Fresh Fruit</p>                  |                                                                                                                                 | <p><b>March is National<br/>Nutrition Month®</b></p> <p><b><i>EAT RIGHT</i></b></p>                                                                                                                              |
| <p><i>Traditional Calendar Spring Break March 29<sup>th</sup> - 31<sup>st</sup></i></p>                                                                                                                                                            |                                                                                                                                                                                                                              |                                                                                                                                                                                                                                     |                                                                                                                                                                                                                      |                                                                                                                                                                                                                  |