

# NOVEMBER 2009 WAKE COUNTY PUBLIC SCHOOLS HIGH MENU

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<p><b>2</b> Double Cheeseburger Premium Sub Chicken Sandwich</p> <p>Broccoli w/Cheese Lettuce, Tomato, Onion &amp; Dills Chilled Mixed Fruit Fresh Fruit 100% Fruit Juice</p>	<p><b>3</b> Eastern NC Chicken BBQ on Bun Premium Salad Chicken Tenders w/Roll</p> <p>Seasoned Green Beans Tossed Salad Chilled Applesauce Fresh Fruit 100% Fruit Juice</p>	<p><b>4</b> Colossal Cheeseburger Premium Wrap Chicken Sandwich</p> <p>Whole Kernel Corn Lettuce, Tomato, Onion &amp; Dills Chilled Pears Fresh Fruit 100% Fruit Juice</p>	<p><b>5</b> Double Hot Dogs in Bun w/Chili Premium Salad Big Daddy's Pizza</p> <p>French Fries Creamy Cole Slaw Chilled Peaches Fresh Fruit 100% Fruit Juice</p>	<p><b>6</b> Cheese Dippers w/Marinara Premium Sub Chicken Sandwich</p> <p>Seasoned Vegetable Blend Tossed Salad Chilled Pineapple Fresh Fruit 100% Fruit Juice</p>
<p><b>9</b> Double Cheeseburger Premium Sub Chicken Sandwich</p> <p>Broccoli w/Cheese Lettuce, Tomato, Onion &amp; Dills Chilled Mixed Fruit Fresh Fruit 100% Fruit Juice</p>	<p><b>10</b> Lasagna w/Meat Sauce &amp; Roll Premium Salad Chicken Nuggets w/Roll</p> <p>Seasoned Green Beans Tossed Salad Chilled Applesauce Fresh Fruit 100% Fruit Juice</p>	<p><b>11</b></p> <p><b>Veteran's Day No School</b></p>	<p><b>12</b> Double Hot Dogs in Bun w/Chili Premium Salad Big Daddy's Pizza</p> <p>Baked Beans Creamy Cole Slaw Chilled Peaches Fresh Fruit 100% Fruit Juice</p>	<p><b>13</b> Cheese Dippers w/Marinara Premium Sub Chicken Sandwich</p> <p>Seasoned Vegetable Blend Tossed Salad Chilled Pineapple Fresh Fruit 100% Fruit Juice</p>
<p><b>16</b> Double Cheeseburger Premium Sub Chicken Sandwich</p> <p>Broccoli w/Cheese Lettuce, Tomato, Onion &amp; Dills Chilled Mixed Fruit Fresh Fruit 100% Fruit Juice</p>	<p><b>17</b> TexMex Tacos Premium Salad Chicken Tenders w/Roll</p> <p>Seasoned Green Beans Shredded Lettuce &amp; Diced Tomatoes Chilled Applesauce Fresh Fruit 100% Fruit Juice</p>	<p><b>18</b> Colossal Cheeseburger Premium Wrap Chicken Sandwich</p> <p>Whole Kernel Corn Lettuce, Tomato, Onion &amp; Dills Chilled Pears Fresh Fruit 100% Fruit Juice</p>	<p><b>19</b> Double Hot Dogs in Bun w/Chili Premium Salad Big Daddy's Pizza</p> <p>Baked Beans Creamy Cole Slaw Chilled Peaches Fresh Fruit 100% Fruit Juice</p>	<p><b>20</b> Cheese Dippers w/Marinara Premium Sub Chicken Sandwich</p> <p>Seasoned Vegetable Blend Tossed Salad Chilled Pineapple Fresh Fruit 100% Fruit Juice</p>
<p><b>23</b> Double Cheeseburger Premium Sub Chicken Sandwich</p> <p>Broccoli w/Cheese Lettuce, Tomato, Onion &amp; Dills Chilled Mixed Fruit Fresh Fruit 100% Fruit Juice</p>	<p><b>24</b> Eastern NC Chicken BBQ on Bun Premium Salad Chicken Tenders w/Roll</p> <p>Seasoned Green Beans Tossed Salad Chilled Applesauce Fresh Fruit 100% Fruit Juice</p>	<p><b>25</b> Colossal Cheeseburger Premium Wrap Chicken Sandwich</p> <p>Whole Kernel Corn Lettuce, Tomato, Onion &amp; Dills Chilled Pears Fresh Fruit 100% Fruit Juice</p> <p><i>Traditional Calendar Teacher Workday</i></p>	<p><b>26</b></p> <p><b>No School</b></p>	<p><b>27</b></p> <p><b>No School</b></p>
<p><b>30</b> Double Cheeseburger Premium Sub Chicken Sandwich</p> <p>Broccoli w/Cheese Lettuce, Tomato, Onion &amp; Dills Chilled Mixed Fruit Fresh Fruit 100% Fruit Juice</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. Assorted Fruit or Fruit Juice available daily at Breakfast. 1% &amp; Skim Milk available daily. Assorted Chef Salads &amp; Peanut Butter &amp; Jelly Sandwiches available at Lunch</p>		