

NOVEMBER 2009 WAKE COUNTY PUBLIC SCHOOLS MIDDLE MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2 French Toast w/Syrup Cereal w/Toast</p> <p>Spaghetti w/Meatballs w/Breadstick Toasted Cheese Sandwich Steamed Cabbage Chilled Pears Seasoned Green Beans Fresh Fruit</p>	<p>3 Sausage Biscuit Oatmeal w/Toast</p> <p>Pepperoni Pizza Popcorn Chicken w/Roll Steamed Broccoli Chilled Applesauce Corn on the Cob Fresh Fruit</p>	<p>4 Egg & Cheese Breakfast Entrée Cinnamon Coffee Cake</p> <p>Cheese Dunkers w/Marinara Sauce Turkey Corn Dog Nuggets Seasoned Peas & Carrots Tossed Salad Baked Apples Fresh Fruit</p>	<p>5 Waffles w/Syrup Chicken Biscuit</p> <p>Hot Dog on Bun w/Chili Oven Baked Chicken w/Roll Baked Beans Creamy Cole Slaw Baked French Fries Fresh Fruit</p>	<p>6 Fruit Muffin Cereal w/Toast</p> <p>Cheeseburger on Bun Fish Nuggets w/Corn Muffin Chilled Pineapple Lettuce, Tomato, Onion & Pickle Seasoned Vegetable Blend Fresh Fruit</p>
<p>9 Sausage Pancake on a Stick Cereal w/Toast</p> <p>Tex Mex Tacos w/Chips or Soft Shell &Salsa Vegetarian Hot Pocket w/Marinara Shredded Lettuce & Diced Tomatoes Fruit Crisp Seasoned Lima Beans Fresh Fruit</p>	<p>10 Chicken Biscuit Cinnamon Toast</p> <p>Cheese Pizza Chicken Tenders w/Roll Seasoned Peas Chilled Pears Veggie Sticks w/Dip Fresh Fruit</p>	<p>11</p> <p>Veteran's Day No School</p>	<p>12 Pancakes w/Syrup Sausage Biscuit</p> <p>Hot Dog in Bun w/Chili Fish Filet in Bun Baked French Fries Creamy Cole Slaw Baked Beans Fresh Fruit</p>	<p>13 Pork Sausage Breakfast Pizza Cereal w/Toast</p> <p>Bean & Cheese Burrito Eastern NC Chicken BBQ on Bun Whole Kernel Corn Seasoned Vegetable Blend Chilled Applesauce Fresh Fruit</p>
<p>16 French Toast w/Syrup Cereal w/Toast</p> <p>Cheese Dunkers w/Marinara Popcorn Chicken w/Roll Seasoned Mixed Veggies Chilled Peaches Steamed Broccoli Fresh Fruit</p>	<p>17 Sausage Biscuit Oatmeal w/Toast</p> <p>Pepperoni Pizza Fish Nuggets w/Corn Muffin Seasoned Succotash Chilled Applesauce Glazed Carrots Fresh Fruit</p>	<p>18 Egg & Cheese Breakfast Entrée Cinnamon Coffee Cake</p> <p>Holiday Turkey Feast w/Stuffing Cheeseburger on Bun Seasoned Green Beans Fruit Crisp Whipped Potatoes Fresh Fruit</p>	<p>19 Waffles w/Syrup Chicken Biscuit</p> <p>Hot Dog in Bun w/Chili Oven Baked Chicken w/Roll Baked Beans Creamy Cole Slaw Baked French Fries Fresh Fruit</p>	<p>20 Fruit Muffin Cereal w/Toast</p> <p>Italian Beefaroni w/ Breadstick Manager's Choice Manager's Choice Vegetable Parsley Potatoes Chilled Pineapple Fresh Fruit</p>
<p>23 Sausage Pancake on a Stick Cereal w/Toast</p> <p>Cheesy Nachos w/Salsa Turkey Corn Dog Seasoned Peas Chilled Applesauce Glazed Carrots Fresh Fruit</p>	<p>24 Chicken Biscuit Cinnamon Toast</p> <p>Stuffed Crust Pizza Cold Cut Combo Chilled Pineapple Seasoned Green Beans Veggie Sticks w/Dip Fresh Fruit</p>	<p>25 Turkey Egg & Cheese Pocket Cinnamon Bun</p> <p>Chicken Sandwich Southwest Pizza Lettuce, Tomato, Onion & Pickle Fruit Crisp Seasoned Vegetable Blend Fresh Fruit <i>Traditional Calendar Teacher Workday</i></p>	<p>26</p> <p>No School</p>	<p>27</p> <p>No School</p>
<p>30 French Toast w/Syrup Cereal w/Toast</p> <p>Vegetarian Hot Pocket w/Marinara Manager's Choice Steamed Cabbage Chilled Pears Seasoned Green Beans Fresh Fruit</p>	<p>WCPSS Child Nutrition Services Proudly Serves North Carolina Seasonal Produce</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 http://www.wcpss.net/child-nutrition/mylunchmoney.html for more details.</p> <p>Assorted Fruit or Fruit Juice available daily at Breakfast. 1% & Skim Milk available daily. Assorted Chef Salads & Peanut Butter & Jelly Sandwiches available at Lunch</p>		

