

# NOVEMBER 2009 WAKE COUNTY PUBLIC SCHOOLS ELEMENTARY MENU

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<p><b>2</b> French Toast w/Syrup Cereal w/Toast</p> <p>Cheese Pizza Eastern NC Chicken BBQ on Bun Seasoned Peas &amp; Carrots Chilled Mixed Fruit Seasoned Green Beans Fresh Fruit</p>	<p><b>3</b> Sausage Biscuit Oatmeal w/Toast</p> <p>Popcorn Chicken w/Roll Hot Ham &amp; Cheese Sandwich Tossed Salad Seasoned Vegetable Blend Chilled Applesauce Fresh Fruit</p>	<p><b>4</b> Egg &amp; Cheese Breakfast Entrée Cinnamon Coffee Cake</p> <p>Cheese Dunkers w/Marinara Sauce Chicken Sandwich Steamed Broccoli Whole Kernel Corn Chilled Pears Fresh Fruit</p>	<p><b>5</b> Waffles w/Syrup Chicken Biscuit</p> <p>Cheeseburger on Bun Oven Baked Chicken w/Roll Parsley Potatoes Baked Apples Veggie Sticks w/Dip Fresh Fruit</p>	<p><b>6</b> Fruit Muffin Cereal w/Toast</p> <p>Hot Dog on Bun w/Chili Fish Filet on Bun Oven Baked Potato Wedges Creamy Cole Slaw Baked Beans Fresh Fruit</p>
<p><b>9</b> Sausage Pancake on a Stick Cereal w/Toast</p> <p>Pepperoni Pizza Turkey Corn Dog Glazed Carrots 100% Fruit Juice Seasoned Peas Fresh Fruit</p>	<p><b>10</b> Chicken Biscuit Cinnamon Toast</p> <p>Chicken Tenders w/Roll Toasted Cheese Sandwich Whole Kernel Corn Seasoned Green Beans Chilled Pears Fresh Fruit</p>	<p><b>11</b></p> <p style="text-align: center;"><b>Veteran's Day No School</b></p>	<p><b>12</b> Pancakes w/Syrup Sausage Biscuit</p> <p>Tex Mex Tacos w/Chips or Soft Shell &amp; Salsa Vegetarian Hot Pocket w/Marinara Shredded Lettuce &amp; Diced Tomatoes Chilled Peaches Seasoned Vegetable Blend Fresh Fruit</p>	<p><b>13</b> Pork Sausage Breakfast Pizza Cereal w/Toast</p> <p>Hot Dog in Bun w/Chili Cheese Enchiladas Baked French Fries Baked Beans Creamy Cole Slaw Fresh Fruit</p>
<p><b>16</b> French Toast w/Syrup Cereal w/Toast</p> <p>Cheese Pizza Oven Baked Chicken w/Roll Seasoned Peas Chilled Pears Corn on the Cob Fresh Fruit</p>	<p><b>17</b> Sausage Biscuit Oatmeal w/Toast</p> <p>Spaghetti w/Meat Sauce w/Breadstick Chicken Sandwich Seasoned Succotash Chilled Applesauce Glazed Carrots Fresh Fruit</p>	<p><b>18</b> Egg &amp; Cheese Breakfast Entrée Cinnamon Coffee Cake</p> <p>Popcorn Chicken w/Roll Lasagna w/ Meat Sauce w/Breadstick Steamed Broccoli Baked Apples Veggie Sticks w/Dip Fresh Fruit</p>	<p><b>19</b> Waffles w/Syrup Chicken Biscuit</p> <p>Holiday Turkey Feast w/Stuffing Cheeseburger on Bun Seasoned Green Beans Whipped Potatoes Chilled Peaches Fresh Fruit</p>	<p><b>20</b> Fruit Muffin Cereal w/Toast</p> <p>Hot Dog in Bun w/Chili Eastern NC Chicken BBQ on Bun Baked Beans Baked French Fries Creamy Cole Slaw Fresh Fruit</p>
<p><b>23</b> Sausage Pancake on a Stick Cereal w/Toast</p> <p>Stuffed Crust Pizza Macaroni &amp; Cheese w/Roll Seasoned Peas 100% Fruit Juice Glazed Carrots Fresh Fruit</p>	<p><b>24</b> Chicken Biscuit Cinnamon Toast</p> <p>Vegetarian Hot Pocket w/Marinara Hamburger on Bun Chilled Pineapple Steamed Broccoli Corn on the Cob Fresh Fruit</p>	<p><b>25</b> Bagel w/Cream Cheese Cinnamon Bun</p> <p>Chicken Nuggets w/Roll Cheesy Nachos w/Salsa Tossed Salad Chilled Applesauce Seasoned Vegetable Blend Fresh Fruit</p> <p><i>Traditional Calendar Teacher Workday</i></p>	<p><b>26</b></p> <p style="text-align: center;"><b>No School</b></p>	<p><b>27</b></p> <p style="text-align: center;"><b>No School</b></p>
<p><b>30</b> French Toast w/Syrup Cereal w/Toast</p> <p>Cheese Pizza Manager's Choice Seasoned Peas &amp; Carrots Chilled Mixed Fruit Seasoned Green Beans Fresh Fruit</p>	<p style="text-align: center;"><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.</p> <p>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 available daily at Breakfast. 1% &amp; Skim Milk available daily.</p> <p>Assorted Chef Salads &amp; Peanut Butter &amp; Jelly Sandwiches available at Lunch</p>		