

OCTOBER 2009
MONDAY

WAKE COUNTY PUBLIC SCHOOLS ELEMENTARY MENU
TUESDAY WEDNESDAY THURSDAY FRIDAY

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| <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. 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> | | <p>1 Pancakes w/Syrup Sausage Biscuit Corn Dog Nuggets Cold Cut Combo Broccoli w/ Cheese Sauce Chilled Peaches Seasoned Green Beans Fresh Fruit</p> | <p>2 Breakfast Pizza w/Pork Sausage Cereal w/Toast Hot Dog in Bun w/Chili Fish Nuggets w/Corn Muffin Seasoned Succotash Chilled Peas Veggie Sticks w/Dip Fresh Fruit</p> |
| <p>5 French Toast w/Syrup Cereal w/Toast Cheese Pizza Eastern NC Chicken BBQ on Bun Seasoned Peas & Carrots Chilled Mixed Fruit Seasoned Green Beans Fresh Fruit</p> | <p>6 Sausage Biscuit Oatmeal w/Toast Popcorn Chicken w/Roll Hot Ham & Cheese Sandwich Tossed Salad Seasoned Vegetable Blend Chilled Applesauce Fresh Fruit</p> | <p>7 Egg & Cheese Breakfast Entrée Cinnamon Coffee Cake Cheese Dunkers w/Marinara Sauce Chicken Sandwich Steamed Broccoli Whole Kernel Corn Chilled Peas Fresh Fruit</p> | <p>8 Waffles w/Syrup Chicken Biscuit Cheeseburger on Bun Oven Baked Chicken w/Roll Parsley Potatoes Baked Apples Veggie Sticks w/Dip Fresh Fruit</p> | <p>9 Fruit Muffin Cereal w/Toast Hot Dog on Bun w/Chili Fish Filet on Bun Oven Baked Potato Wedges Creamy Cole Slaw Chilled Pineapple Fresh Fruit</p> |
| <p>12 Sausage Pancake on a Stick Cereal w/Toast Pepperoni Pizza Meatball Sub Glazed Carrots 100% Fruit Juice Seasoned Peas Fresh Fruit</p> | <p>13 Chicken Biscuit Cinnamon Toast Chicken Tenders w/Roll Toasted Cheese Sandwich Whole Kernel Corn Seasoned Green Beans Chilled Peas Fresh Fruit</p> | <p>14 Bagel w/Cream Cheese Cinnamon Bun Macaroni & Cheese w/Roll Turkey Corn Dog Baked Beans Chilled Pineapple Steamed Broccoli Fresh Fruit</p> | <p>15 Pancakes w/Syrup Sausage Biscuit Tex Mex Tacos w/Chips or Soft Shell & Salsa Vegetarian Hot Pocket w/Marinara Shredded Lettuce & Diced Tomatoes Chilled Peaches Seasoned Vegetable Blend Fresh Fruit</p> | <p>16 Pork Sausage Breakfast Pizza Cereal w/Toast Hot Dog in Bun w/Chili Cheese Enchiladas Baked French Fries Chilled Applesauce Creamy Cole Slaw Fresh Fruit</p> |
| <p>19 French Toast w/Syrup Cereal w/Toast Cheese Pizza Oven Baked Chicken w/Roll Seasoned Peas Chilled Peas Whole Kernel Corn Fresh Fruit</p> | <p>20 Sausage Biscuit Oatmeal w/Toast Spaghetti w/Meat Sauce w/Breadstick Chicken Sandwich Seasoned Succotash Chilled Applesauce Glazed Carrots Fresh Fruit</p> | <p>21 Egg & Cheese Breakfast Entrée Cinnamon Coffee Cake Cheese Dunkers w/Marinara Sauce Hamburger on Bun Seasoned Green Beans Parsley Potatoes Chilled Peaches Fresh Fruit <i>Early Release</i></p> | <p>22 Waffles w/Syrup Chicken Biscuit Popcorn Chicken w/Roll Lasagna w/ Meat Sauce w/Breadstick Steamed Broccoli Baked Apples Veggie Sticks w/Dip Fresh Fruit</p> | <p>23 Fruit Muffin Cereal w/Toast Hot Dog in Bun w/Chili Eastern NC Chicken BBQ on Bun Baked Beans Chilled Pineapple Creamy Cole Slaw Fresh Fruit</p> |
| <p>26 Sausage Pancake on a Stick Cereal w/Toast Stuffed Crust Pizza Italian Beefaroni w/Breadstick Seasoned Peas 100% Fruit Juice Glazed Carrots Fresh Fruit</p> | <p>27 Chicken Biscuit Cinnamon Toast Vegetarian Hot Pocket w/Marinara Hamburger on Bun Chilled Pineapple Seasoned Lima Beans Whole Kernel Corn Fresh Fruit</p> | <p>28 Bagel w/Cream Cheese Cinnamon Bun Chicken Nuggets w/Roll Cheesy Nachos w/Salsa Tossed Salad Chilled Applesauce Seasoned Vegetable Blend Fresh Fruit</p> | <p>29 Pancakes w/Syrup Sausage Biscuit Corn Dog Nuggets Cold Cut Combo Broccoli w/ Cheese Sauce Chilled Peaches Seasoned Green Beans Fresh Fruit</p> | <p>30 Breakfast Pizza w/Pork Sausage Cereal w/Toast Hot Dog in Bun w/Chili Fish Nuggets w/Corn Muffin Seasoned Succotash Chilled Peas Veggie Sticks w/Dip Fresh Fruit <i>Traditional Calendar Teacher Workday</i></p> |