

SEPTEMBER 2009 WAKE COUNTY PUBLIC SCHOOLS ELEMENTARY MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>WCPSS Child Nutrition Services Proudly Serves North Carolina Seasonal Produce</p>	<p>1 Chicken Biscuit Cinnamon Toast</p> <p>Vegetarian Hot Pocket w/Marinara Hamburger on Bun Chilled Pineapple Seasoned Lima Beans Corn on the Cob Fresh Fruit</p>	<p>2 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>3 Pancakes w/Syrup Sausage Biscuit</p> <p>Corn Dog Nuggets Cold Cut Combo Broccoli w/ Cheese Sauce Chilled Peaches Seasoned Green Beans Fresh Fruit</p>	<p>4 Breakfast Pizza w/Pork Sausage Cereal w/Toast</p> <p>Hot Dog in Bun w/Chili Fish Nuggets w/Corn Muffin Seasoned Succotash Chilled Pears Veggie Sticks w/Dip Fresh Fruit</p>
<p>7</p> <p>Labor Day No School</p>	<p>8 Sausage Biscuit Oatmeal w/Toast</p> <p>Popcorn Chicken w/Roll Hot Ham & Cheese Sandwich Tossed Salad Seasoned Vegetable Blend Chilled Applesauce Fresh Fruit</p>	<p>9 Egg & 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>10 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>11 Fruit Muffin Cereal w/Toast</p> <p>Hot Dog on Bun w/Chili Fish Filet on Bun Oven Baked Potato Wedges Creamy Cole Slaw Chilled Pineapple Fresh Fruit</p>
<p>14 Sausage Pancake on a Stick Cereal w/Toast</p> <p>Pepperoni Pizza Meatball Sub Glazed Carrots 100% Fruit Juice Seasoned Peas Fresh Fruit</p>	<p>15 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>16 Bagel w/Cream Cheese Cinnamon Bun</p> <p>Macaroni & Cheese w/Roll Turkey Corn Dog Baked Beans Chilled Pineapple Steamed Broccoli Fresh Fruit</p>	<p>17 Pancakes w/Syrup Sausage Biscuit</p> <p>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>18 Pork Sausage Breakfast Pizza Cereal w/Toast</p> <p>Hot Dog in Bun w/Chili Cheese Enchiladas Baked French Fries Chilled Applesauce Creamy Cole Slaw Fresh Fruit</p>
<p>21 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>22 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>23 Egg & Cheese Breakfast Entrée Cinnamon Coffee Cake</p> <p>Cheese Dunkers w/Marinara Sauce Hamburger on Bun Seasoned Green Beans Parsley Potatoes Chilled Peaches Fresh Fruit</p> <p><i>Traditional Calendar Early Release</i></p>	<p>24 Waffles w/Syrup Chicken Biscuit</p> <p>Popcorn Chicken w/Roll Vegetable Lasagna w/Breadstick Whole Kernel Corn Baked Apples Veggie Sticks w/Dip Fresh Fruit</p>	<p>25 Fruit Muffin Cereal w/Toast</p> <p>Hot Dog in Bun w/Chili Eastern NC Chicken BBQ on Bun Baked Beans Chilled Pineapple Creamy Cole Slaw Fresh Fruit</p>
<p>28 Sausage Pancake on a Stick Cereal w/Toast</p> <p>Stuffed Crust Pizza Italian Beefaroni w/Breadstick Seasoned Peas 100% Fruit Juice Glazed Carrots Fresh Fruit</p> <p><i>Traditional Calendar Workday</i></p>	<p>29 Chicken Biscuit Cinnamon Toast</p> <p>Vegetarian Hot Pocket w/Marinara Hamburger on Bun Chilled Pineapple Seasoned Lima Beans Corn on the Cob Fresh Fruit</p>	<p>30 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>Remember that CNS offers an autopay or online payment option for meals. It is CNS policy not to give refunds for prepayments. Visit our website at http://www.wcpss.net/child-nutrition/mylunchmoney.html for more details.</p> <p>Available Daily: Assorted Fruit or Fruit Juice available at Breakfast. 1% & Skim Milk available daily. Assorted Chef Salads & Peanut Butter & Jelly Sandwiches available at Lunch</p>	