

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 Breakfast Southern Cheese Omelet Biscuit ✓ PB&J Breakfast Sandwich ✓ Fruit Cup ✓ Lunch Hamburger / Cheeseburger w/ Chili Cheese ✓ / Pepperoni Pizza Chicken Filet Sandwich PB&J Sandwich ✓ Vegetable Soup ✓ Fresh Tossed Salad ✓ Fresh Fruit ✓	02 Breakfast Breakfast Burrito ✓ PB&J Breakfast Sandwich ✓ Fresh Fruit ✓ Brunch for Lunch Day! Chicken (tenders) & Waffles w/ Syrup Glazed French Toast Sticks ✓ Three Cheese Calzone ✓ PB&J Sandwich ✓ Carrot & Raisin Salad ✓ Ginger Glazed Carrots ✓ Fruit Cup ✓	03 Breakfast Southern Chicken Filet Biscuit PB&J Breakfast Sandwich ✓ Fruit Cup ✓ Lunch Baked Lasagna ✓ <i>option available</i> Baked Chicken Tenders PB&J Sandwich ✓ Buffalo Chicken Pizza Texas Toast ✓ Garlic Sautéed Spinach ✓ Mixed Veggies ✓ Fresh Fruit ✓	04 Breakfast Breakfast Pizza Bagel PB&J Breakfast Sandwich ✓ Fresh Fruit ✓ Lunch Grilled Honey BBQ Rib Sandwich Beef Nachos w/ Salsa ✓ <i>option available</i> Chicken Filet Sandwich PB&J Sandwich ✓ Black Beans ✓ Steamed Broccoli ✓ Fruit Cup ✓	05 Breakfast Egg & Cheese on Ciabatta ✓ PB&J Breakfast Sandwich ✓ Fruit Cup Lunch Chicken Filet Sandwich Seaside Fish Sandwich PB&J Sandwich ✓ Personal Cheese ✓ / Pepperoni Pizza Savory Green Beans ✓ Straight Cut Fries ✓ Fresh Fruit ✓
08 Breakfast Maple Glazed French Toast Sticks ✓ PB&J Breakfast Sandwich ✓ Fruit Cup ✓ Lunch Roasted Chicken w/ WG Dinner Roll Cheese ✓ / Pepperoni Pizza Chicken Filet Sandwich PB&J Sandwich ✓ Buttered Corn ✓ Mixed Veggies ✓ Fresh Fruit ✓	09 Breakfast Broccoli & Cheese Quiche ✓ PB&J Breakfast Sandwich ✓ Fruit Cup ✓ Lunch Teriyaki Beef Dippers Hamburger / Cheeseburger w/ Chili Three Cheese Calzone ✓ PB&J Sandwich ✓ "Fried" Rice ✓ Szechuan Broccoli Savory Green Beans ✓ Fruit Cup ✓	10 Breakfast Southern Cheese Omelet Biscuit ✓ PB&J Breakfast Sandwich ✓ Fruit Cup ✓ Lunch Mac-N-Cheese ✓ Baked Chicken Tenders PB&J Sandwich ✓ Buffalo Chicken Pizza WG Dinner Roll ✓ Steamed Carrots ✓ Steamed Broccoli ✓ Fresh Fruit ✓	11 Breakfast Maple Glazed French Toast Sticks ✓ PB&J Breakfast Sandwich ✓ Fresh Fruit ✓ Holiday Lunch Roasted Turkey w/ Dressing Cheesy Meatloaf Mac-N-Cheese ✓ Chicken Filet Sandwich WG Dinner Roll ✓ Glazed Sweet Potatoes ✓ Savory Green Beans ✓ Cranberry Sauce ✓ Cinnamon Baked Apples ✓	12 Breakfast Egg & Cheese Sandwich ✓ PB&J Breakfast Sandwich ✓ Fruit Cup ✓ Lunch Chicken Filet Sandwich Fish Nuggets w/ Hushpuppies PB&J Sandwich ✓ Personal Cheese ✓ / Pepperoni Pizza Straight Cut Fries ✓ Bush's Baked Beans ✓ Fresh Fruit ✓
15 Breakfast Protein Packed Breakfast Boat PB&J Breakfast Sandwich ✓ Fruit Cup ✓ Lunch Spaghetti w/ Meat Sauce ✓ <i>option available</i> Cheese ✓ / Pepperoni Pizza Chicken Filet Sandwich PB&J Sandwich ✓ Steamed Broccoli ✓ Savory Green Beans ✓ Fresh Fruit ✓	16 Breakfast Scrambled Eggs & Toast ✓ PB&J Breakfast Sandwich ✓ Fresh Fruit ✓ Lunch Roasted Chicken Cheeseburger Hoagie Three Cheese Calzone ✓ PB&J Sandwich ✓ Southern Biscuit ✓ Glazed Sweet Potatoes ✓ Mixed Veggies ✓ Fruit Cup ✓	17 Breakfast Southern Chicken Filet Biscuit PB&J Breakfast Sandwich ✓ Fruit Cup ✓ Lunch Pizza Crunchers ✓ Cheeseburger Hoagie PB&J Sandwich ✓ Buffalo Chicken Pizza Texas Toast ✓ Fresh Tossed Salad ✓ Mixed Veggies ✓ Fresh Fruit ✓	18 Breakfast Breakfast Pizza Bagel PB&J Breakfast Sandwich ✓ Fresh Fruit ✓ Lunch Turkey Pot Pie w/ Biscuit Beef Nachos w/ Salsa ✓ <i>option available</i> PB&J Sandwich ✓ Chicken Filet Sandwich Pinto Beans ✓ Mixed Veggies ✓ Fruit Cup ✓	19 No School
22 Breakfast Southern Cheese Omelet Biscuit ✓ PB&J Breakfast Sandwich ✓ Fruit Cup ✓ Lunch Hamburger / Cheeseburger w/ Chili Cheese ✓ / Pepperoni Pizza Chicken Filet Sandwich PB&J Sandwich ✓ Vegetable Soup ✓ Fresh Tossed Salad ✓ Fresh Fruit ✓	23 Breakfast Breakfast Burrito ✓ PB&J Breakfast Sandwich ✓ Fresh Fruit ✓ Brunch for Lunch Day! Chicken (tenders) & Waffles w/ Syrup Glazed French Toast Sticks ✓ Three Cheese Calzone ✓ PB&J Sandwich ✓ Carrot & Raisin Salad ✓ Ginger Glazed Carrots ✓ Fruit Cup ✓	24 Breakfast Southern Chicken Filet Biscuit PB&J Breakfast Sandwich ✓ Fruit Cup ✓ Lunch Baked Lasagna ✓ <i>option available</i> Baked Chicken Tenders PB&J Sandwich ✓ Buffalo Chicken Pizza Texas Toast ✓ Garlic Sautéed Spinach ✓ Mixed Veggies ✓ Fresh Fruit ✓	25 Breakfast Breakfast Pizza Bagel PB&J Breakfast Sandwich ✓ Fresh Fruit ✓ Lunch Grilled Honey BBQ Rib Sandwich Beef Nachos w/ Salsa ✓ <i>option available</i> Chicken Filet Sandwich PB&J Sandwich ✓ Black Beans ✓ Steamed Broccoli ✓ Fruit Cup ✓	26 Breakfast Egg & Cheese on Ciabatta ✓ PB&J Breakfast Sandwich ✓ Fruit Cup Lunch Chicken Filet Sandwich Seaside Fish Sandwich PB&J Sandwich ✓ Personal Cheese ✓ / Pepperoni Pizza Savory Green Beans ✓ Straight Cut Fries ✓ Fresh Fruit ✓
29 Breakfast Maple Glazed French Toast Sticks ✓ PB&J Breakfast Sandwich ✓ Fruit Cup ✓ Lunch Roasted Chicken w/ WG Dinner Roll Cheese ✓ / Pepperoni Pizza Chicken Filet Sandwich PB&J Sandwich ✓ Buttered Corn ✓ Mixed Veggies ✓ Fresh Fruit ✓	30 Breakfast Broccoli & Cheese Quiche ✓ PB&J Breakfast Sandwich ✓ Fruit Cup ✓ Lunch Teriyaki Beef Dippers Hamburger / Cheeseburger w/ Chili Three Cheese Calzone ✓ PB&J Sandwich ✓ "Fried" Rice ✓ Szechuan Broccoli Savory Green Beans ✓ Fruit Cup ✓	Please join us for our Holiday lunch on Thursday, April 11th Ants on a Log Boxes and Veggie Paninis will now be a daily featured entrée at participating sites! If interested, please reach out to your Dining Room Manager!		

USDA Non-discrimination statement:
<http://childnutrition.ncpublicschools.gov/information-resources/civil-rights/usda-non-discrimination-statement>

April 2019 | MENU

Wake County Public School System

6-8 Breakfast & Lunch Menu

6-8 Paid Meal Prices:

Breakfast: \$1.50
 Lunch: \$2.80
 Adults: A la Carte Pricing

6-8 Reduced Meal Prices:

* Breakfast: \$0.30
 Lunch: \$0.40

* The actual charge may be less, depending on funding

Breakfast includes choice of: Entrée, fruit & milk. Students must select a fruit/juice.

Daily Breakfast Items: • Assorted Milk • 100% Fruit Juice

Additional Breakfast Options: • Variety of Cereals w/ Mozzarella Stick • Breakfast Box • Pop-Tart

Lunch includes a choice of: Entrée with grain/bread, 1-2 vegetables, 1-2 fruits & milk. Students must select a fruit/juice and/or vegetable.

✓ Symbolizes the daily vegetarian entree option

Daily Lunch Items: • Assorted Milk • Chef Salad • Smucker's PB&J Sandwich • 100% Fresh Fruit Juice

Additional Lunch Options: • Yogurt Box • Mozzarella String Cheese Box • Fruit Parfait • Hummus Box • Peanut Butter Box • Ants on a Log Box • Spicy Black Bean Burger

Milk Choices: • Fat Free Unflavored, Strawberry, Chocolate, and Vanilla

All "Additional" options are not available in all schools. Please contact your schools Dining Room Manager for additional menu information. Menu selection is subject to change at any time.



Child Nutrition Services