

April 2019 | MENU

Wake County Public School System

K-5 Breakfast & Lunch Menu

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

K-5 Paid Meal Prices:
Breakfast: \$1.25
Lunch: \$2.55
Adults: A la Carte Pricing

K-5 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 and/or vegetable.

✓ Symbolizes the daily vegetarian entree option

Daily Lunch Items: • Assorted Milk • Entree Salad ✓
• Smucker's PB&J Sandwich

Additional Lunch Options:
• Yogurt Box ✓ • Mozzarella String Cheese Box ✓ • Fruit Parfait ✓
• Hummus Box ✓ • Peanut Butter Box ✓ • Ants on a Log Box • Veggie Panini

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.



WAKE COUNTY
PUBLIC SCHOOL SYSTEM

Child Nutrition Services