


April 2022| MENU
9-12
Wake County Public School
System
Breakfast & Lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				01 <u>Breakfast</u> WG Egg & Cheese Biscuit ✓ Fruit <u>Lunch</u> Baked Fish Filet Sandwich ✓ Fresh Tossed Salad ✓ Baked Crinkle Cut Fries ✓ Fruit
04 <u>Breakfast</u> Cheddar Scrambled Eggs w/ WG Biscuit ✓ Fruit <u>Lunch</u> Chicken Filet Sandwich Steamed Broccoli ✓ Buttered Corn ✓ Fruit	05 <u>Breakfast</u> WG Breakfast Pork Sausage Pizza Fruit <u>Lunch</u> Beef Taco Rice Bowl WG Tortilla Chips Black Beans ✓ Salsa ✓ Fruit	06 <u>Breakfast</u> Southern Chicken Biscuit Fruit <u>Lunch</u> WG Double Cheese Mac & Cheese ✓ WG Dinner Roll Garlic Sautéed Spinach ✓ Seasoned Carrots ✓ Fruit	07 <u>Breakfast</u> Southern Cheddar Grits Breakfast Bowl ✓ Fruit <u>Lunch</u> Smoked Turkey & Cheese Sub Creamy Coleslaw ✓ Baked Potato Tots ✓ Fruit	08 <u>Breakfast</u> Vanilla Yogurt & Fruit Parfait ✓ Cinnamon Toast ✓ Fruit <u>Lunch</u> Baked Fish Filet Sandwich ✓ Fresh Tossed Salad ✓ Baked Local Sweet Potatoes ✓ Fruit
11 <u>Breakfast</u> Southern Chicken Biscuit Fruit <u>Lunch</u> Hamburger/Cheeseburger on WG Bun Baked Potato Tots ✓ Fresh Baby Carrots ✓ Fruit	12 <u>Breakfast</u> WG Egg & Cheese Biscuit ✓ Fruit <u>Lunch</u> Grilled Chicken Soft Tacos Queso Dip ✓ Ranch Style Pinto Beans ✓ Salsa ✓ Fruit	13 <u>Breakfast</u> Breakfast Protein Box Fruit <u>Lunch</u> Chicken Filet Sandwich Creamy Coleslaw ✓ Baked Sweet Potato Fries ✓ Fruit	14 <u>Breakfast</u> Breakfast PB & J Uncrustables ✓ Fruit <u>Holiday Lunch</u> Glazed Ham WG Dinner Roll Homestyle Mashed Potatoes ✓ Garlic Green Beans ✓ Baked Apples	15 EASTER 
18 <u>Breakfast</u> Southern Cheddar Grits Breakfast Bowl ✓ Fruit <u>Lunch</u> Juicy Stuffed Cheeseburger Savory Green Beans ✓ Fresh Baby Carrots ✓ COOL TROPICS Frozen 100% Fruit Slush	19 <u>Breakfast</u> Vanilla Yogurt & Fruit Parfait ✓ Cinnamon Toast ✓ Fruit <u>Lunch</u> Beef Nachos with WG Tortilla Chips Black Beans ✓ Salsa ✓ Fruit	20 <u>Breakfast</u> WG Cheese Toast ✓ Fruit <u>Lunch</u> Hamburger/Cheeseburger on WG Bun Baked Crinkle Cut Fries ✓ Cucumber Sticks with Dip ✓ Fruit	21 <u>Breakfast</u> Southern Chicken Biscuit Fruit <u>Lunch</u> Brunch Totchos ✓ Fresh Baked Biscuit Creamy Spinach ✓ Mixed Vegetable Medley ✓ Fruit	22 <u>Breakfast</u> WG Egg & Cheese Biscuit ✓ Fruit Fruit <u>Lunch</u> Chicken Filet Sandwich Fresh Baby Carrots ✓ Fresh Tossed Salad ✓ Fruit
25 <u>Breakfast</u> Cheddar Scrambled Eggs w/ WG Biscuit ✓ Fruit <u>Lunch</u> Chicken Filet Sandwich Steamed Broccoli ✓ Buttered Corn ✓ Fruit	26 <u>Breakfast</u> WG Breakfast Pork Sausage Pizza Fruit <u>Lunch</u> Beef Taco Rice Bowl WG Tortilla Chips Black Beans ✓ Salsa ✓ Fruit	27 <u>Breakfast</u> Southern Chicken Biscuit Fruit <u>Lunch</u> WG Double Cheese Mac & Cheese ✓ WG Dinner Roll Garlic Sautéed Spinach ✓ Seasoned Carrots ✓ Fruit	28 <u>Breakfast</u> Southern Cheddar Grits Breakfast Bowl ✓ Fruit <u>Lunch</u> Smoked Turkey & Cheese Sub Creamy Coleslaw ✓ Baked Potato Tots ✓ Fruit	29 <u>Breakfast</u> Vanilla Yogurt & Fruit Parfait ✓ Cinnamon Toast ✓ Fresh Picked Strawberries <u>Lunch/Manager's Choice</u> Entrée with Grains Vegetable (2) Fruit

2022 9-12 Meal Prices:

Breakfast: FREE
Lunch: FREE
Adults: A la Carte Pricing

Breakfast includes choice of: Entrée, ½-1 cup fruit & milk. Students must select a fruit.

Daily Breakfast Items: • Assorted Milk • Fresh Fruit • Variety of Cereals

Lunch includes a choice of: Entrée with grain/bread, ½-1 cup vegetables, ½ cup fruit & milk. Students must select a fruit and/or vegetable.

Daily Lunch Daily Lunch Items: Assorted Milk • PB&J Sandwich ✓ • Domino's Pizza *option available*


Additional Lunch Options: Yogurt Box ✓ • Fruit & Yogurt Parfait ✓ • Hummus Box ✓ • Chef Salads ✓ *available*

Milk Choices: • Fat Free Unflavored, & Fat Free Chocolate

"V" Symbolizes the daily vegetarian options

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.

 Fresh and often LOCAL produce

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