

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			01 Breakfast Breakfast Pizza Bagel Fresh Fruit Lunch Beef Nachos w/ Salsa <i>V option available</i> Creamy Spinach Dip w/ Chips <i>V</i> Chicken Filet Sandwich PB & J Sandwich <i>V</i> Spicy Pinto Beans <i>V</i> Fresh Tossed Salad <i>V</i> Diced Peaches	02 Breakfast Egg & Cheese on Ciabatta <i>V</i> Diced Peaches Lunch Turkey Hot Dog w/ Chili Juicy Stuffed Burger Personal Cheese <i>V</i> / Pepperoni Pizza PB & J Sandwich <i>V</i> Savory Green Beans <i>V</i> Baked Sweet Potato Fries <i>V</i> Fresh Fruit
05 Breakfast Turkey Sausage Biscuit Diced Peaches Lunch Cheese <i>V</i> / Pepperoni Pizza Wake Deli Hoagie Chicken Filet Sandwich PB & J Sandwich <i>V</i> Steamed Broccoli <i>V</i> Baby Carrots w/ Dip <i>V</i> Fresh Fruit	06 Breakfast Huevos Rancheros Fresh Fruit Lunch Roasted Chicken Hamburger/Cheeseburger Three Cheese Calzone <i>V</i> PB & J Sandwich <i>V</i> Southern Biscuit Baked Potato Tots <i>V</i> Mixed Veggies <i>V</i> Mixed Fruit	07 Breakfast Egg & Cheese on Ciabatta <i>V</i> Mixed Fruit Lunch Baked Chicken Nuggets Baked Lasagna <i>V option available</i> Buffalo Chicken Pizza PB & J Sandwich <i>V</i> Texas Toast Fresh Tossed Salad <i>V</i> Steamed Carrots <i>V</i> Fresh Fruit	08 Breakfast Breakfast Totchos <i>V</i> Fresh Fruit Lunch Beef Nachos w/ Salsa <i>V option available</i> Arroz Con Pollo Chicken Filet Sandwich PB & J Sandwich <i>V</i> Spicy Pinto Beans <i>V</i> Buttered Corn <i>V</i> Diced Pears	09 Breakfast Southern Chicken Filet Biscuit Diced Pears Lunch Turkey Hot Dog w/ Chili Juicy Stuffed Burger Personal Cheese <i>V</i> / Pepperoni Pizza PB & J Sandwich <i>V</i> Savory Green Beans <i>V</i> Baked Crinkle Cut French Fries <i>V</i> Fresh Fruit
12 Breakfast Glazed French Toast Sticks <i>V</i> Diced Pears Lunch Cheese <i>V</i> / Pepperoni Pizza Hamburger/Cheeseburger Chicken Filet Sandwich PB & J Sandwich <i>V</i> Steamed Broccoli <i>V</i> Mixed Veggies <i>V</i> Fresh Fruit	13 Breakfast Breakfast Totchos <i>V</i> Fresh Fruit Lunch Roasted Chicken Salisbury Steak Three Cheese Calzone <i>V</i> PB & J Sandwich <i>V</i> Southern Biscuit Mashed Potatoes <i>V</i> Savory Green Beans <i>V</i> Diced Peaches	14 Breakfast Southern Egg & Cheese Biscuit <i>V</i> Diced Peaches Lunch Baked Chicken Nuggets Macaroni & Cheese <i>V</i> Buffalo Chicken Pizza PB & J Sandwich <i>V</i> WG Dinner Roll Creamy Garlic Spinach <i>V</i> Steamed Carrots <i>V</i> Fresh Fruit	15 Breakfast Broccoli & Cheese Quiche <i>V</i> Fresh Fruit Lunch Beef Nachos w/ Salsa <i>V option available</i> Grilled Chicken Totchos Chicken Filet Sandwich PB & J Sandwich <i>V</i> Spicy Pinto Beans <i>V</i> Fresh Tossed Salad <i>V</i> Mixed Fruit	16 Breakfast Turkey Sausage Biscuit Mixed Fruit Lunch Turkey Hot Dog w/ Chili Juicy Stuffed Burger Personal Cheese <i>V</i> / Pepperoni Pizza PB & J Sandwich <i>V</i> Creamy Coleslaw <i>V</i> Baked Sweet Potato Fries <i>V</i> Fresh Fruit
19 Breakfast Protein Packed Breakfast Boat Mixed Fruit Lunch Cheese <i>V</i> / Pepperoni Pizza Chicken Filet Sandwich PB & J Sandwich <i>V</i> Steamed Broccoli <i>V</i> Savory Green Beans <i>V</i> Fresh Fruit	20 Breakfast Glazed French Toast Sticks <i>V</i> Fresh Fruit Lunch Roasted Chicken Hamburger/Cheeseburger Three Cheese Calzone <i>V</i> PB & J Sandwich <i>V</i> Southern Biscuit Glazed Sweet Potatoes <i>V</i> Garlic Sautéed Spinach <i>V</i> Diced Pears	21 Breakfast Southern Chicken Filet Biscuit Diced Pears Lunch Baked Chicken Nuggets Chicken & Broccoli Alfredo Bake Buffalo Chicken Pizza PB & J Sandwich <i>V</i> Texas Toast Mixed Veggies <i>V</i> Fresh Cucumber Slices <i>V</i> Fresh Fruit	22 Breakfast Breakfast Pizza Bagel Fresh Fruit Lunch Beef Nachos w/ Salsa <i>V option available</i> Creamy Spinach Dip w/ Chips <i>V</i> Chicken Filet Sandwich PB & J Sandwich <i>V</i> Spicy Pinto Beans <i>V</i> Fresh Tossed Salad <i>V</i> Diced Peaches	23 Breakfast Egg & Cheese on Ciabatta <i>V</i> Diced Peaches Lunch Turkey Hot Dog w/ Chili Juicy Stuffed Burger Personal Cheese <i>V</i> / Pepperoni Pizza PB & J Sandwich <i>V</i> Baby Carrots w/ Dip <i>V</i> Baked Crinkle Cut French Fries <i>V</i> Fresh Fruit
26 Breakfast Turkey Sausage Biscuit Diced Peaches Lunch Cheese <i>V</i> / Pepperoni Pizza Wake Deli Hoagie Chicken Filet Sandwich PB & J Sandwich <i>V</i> Steamed Broccoli <i>V</i> Baby Carrots w/ Dip <i>V</i> Fresh Fruit	27 Breakfast Huevos Rancheros Fresh Fruit Lunch Roasted Chicken Hamburger/Cheeseburger Three Cheese Calzone <i>V</i> PB & J Sandwich <i>V</i> Southern Biscuit Baked Potato Tots <i>V</i> Creamy Garlic Spinach <i>V</i> Mixed Fruit	28 Breakfast Egg & Cheese on Ciabatta <i>V</i> Mixed Fruit Lunch Baked Chicken Nuggets Baked Lasagna <i>V option available</i> Buffalo Chicken Pizza PB & J Sandwich <i>V</i> Texas Toast Fresh Tossed Salad <i>V</i> Steamed Carrots <i>V</i> Fresh Fruit	29 Breakfast Breakfast Totchos <i>V</i> Fresh Fruit Lunch Beef Nachos w/ Salsa <i>V option available</i> Arroz Con Pollo Chicken Filet Sandwich PB & J Sandwich <i>V</i> Spicy Pinto Beans <i>V</i> Buttered Corn <i>V</i> Diced Pears	30 Breakfast Southern Chicken Filet Biscuit Diced Pears Lunch Turkey Hot Dog w/ Chili Juicy Stuffed Burger Personal Cheese <i>V</i> / Pepperoni Pizza PB & J Sandwich <i>V</i> Savory Green Beans <i>V</i> Baked Sweet Potato Fries <i>V</i> Fresh Fruit

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

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August 2019 | MENU

Wake County Public School System

6-8 Breakfast & Lunch Menu



6-8 Paid Meal Prices:
 Breakfast: \$1.50
 Lunch: \$3.00
 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 *V* • Breakfast Box *V* • Pop-tart *V*

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

V Symbolizes the daily vegetarian entree option

Daily Lunch Items: • Assorted Milk • Entree Salad *V*
 • PB&J Sandwich

Additional Lunch Options:
 • Yogurt Box *V* • Mozzarella String Cheese Box *V* • Fruit Parfait *V*
 • Hummus Box *V* • Peanut Butter Box *V* • Ants on a Log Box *V*

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