

Wake County Public School System 9-12 Breakfast & Lunch Menu



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 Variety of Pizza <i>V option available</i> 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 Chicken Filet Sandwich Variety of Pizza <i>V option available</i> 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 Three Cheese Calzone Wake Deli Hoagie Chicken Filet Sandwich Variety of Pizza <i>V option available</i> PB & J Sandwich <i>V</i> Steamed Broccoli <i>V</i> Baby Carrots & Dip <i>V</i> Fresh Fruit	06 Breakfast Huevos Rancheros Fresh Fruit Lunch Roasted Chicken Hamburger/Cheeseburger Chicken Filet Sandwich Variety of Pizza <i>V option available</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> Fresh Fruit Lunch Baked Chicken Nuggets Baked Lasagna <i>V option available</i> Chicken Filet Sandwich Variety of Pizza <i>V option available</i> PB & J Sandwich <i>V</i> Texas Toast Fresh Tossed Salad <i>V</i> Steamed Carrots <i>V</i> Mixed 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 Variety of Pizza <i>V option available</i> PB & J Sandwich <i>V</i> Spicy Pinto Beans <i>V</i> Buttered Corn <i>V</i> Diced Peaches	09 Breakfast Southern Chicken Filet Biscuit Diced Pears Lunch Turkey Hot Dog w/ Chili Juicy Stuffed Burger Chicken Filet Sandwich Variety of Pizza <i>V option available</i> 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 Three Cheese Calzone <i>V</i> Hamburger/Cheeseburger Chicken Filet Sandwich Variety of Pizza <i>V option available</i> 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 Chicken Filet Sandwich Variety of Pizza <i>V option available</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> Chicken Filet Sandwich Variety of Pizza <i>V option available</i> 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> Macaroni & Cheese <i>V</i> Grilled Chicken Totchos Chicken Filet Sandwich Variety of Pizza <i>V option available</i> 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 Chicken Filet Sandwich Variety of Pizza <i>V option available</i> 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 Three Cheese Calzone <i>V</i> Chicken Filet Sandwich Variety of Pizza <i>V option available</i> 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 Chicken Filet Sandwich Variety of Pizza <i>V option available</i> PB & J Sandwich <i>V</i> Southern Biscuit Glazed Sweet Potatoes <i>V</i> Garlic Sautéed Spinach <i>V</i> Diced Peaches	21 Breakfast Southern Chicken Filet Biscuit Diced Pears Lunch Baked Chicken Nuggets Chicken & Broccoli Alfredo Bake Chicken Filet Sandwich Variety of Pizza <i>V option available</i> PB & J Sandwich <i>V</i> Texas Toast Mixed Veggies <i>V</i> Fresh Sliced Cucumbers <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 Variety of Pizza <i>V option available</i> 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 Chicken Filet Sandwich Variety of Pizza <i>V option available</i> 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 Three Cheese Calzone <i>V</i> Wake Deli Hoagie Chicken Filet Sandwich Variety of Pizza <i>V option available</i> PB & J Sandwich <i>V</i> Steamed Broccoli <i>V</i> Baby Carrots & Dip <i>V</i> Fresh Fruit	27 Breakfast Huevos Rancheros Fresh Fruit Lunch Roasted Chicken Hamburger/Cheeseburger Chicken Filet Sandwich Variety of Pizza <i>V option available</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> Chicken Filet Sandwich Variety of Pizza <i>V option available</i> 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 Variety of Pizza <i>V option available</i> PB & J Sandwich <i>V</i> Spicy Pinto Beans <i>V</i> Buttered Corn <i>V</i> Diced Peaches	30 Breakfast Southern Chicken Filet Biscuit Diced Pears Lunch Turkey Hot Dog w/ Chili Juicy Stuffed Burger Chicken Filet Sandwich Variety of Pizza <i>V option available</i> PB & J Sandwich <i>V</i> Savory Green Beans <i>V</i> Baked Sweet Potato Fries <i>V</i> Fresh Fruit

9-12 Paid Meal Prices:
 Breakfast: \$1.50
 Lunch: \$3.00
 Adults: A la Carte Pricing

9-12 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.



**WAKE COUNTY
PUBLIC SCHOOL SYSTEM**

Child Nutrition Services

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

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