

# August 2019 | MENU

## Wake County Public School System

### K-5 Breakfast & Lunch Menu



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

**K-5 Paid Meal Prices:**  
 Breakfast: \$1.25  
 Lunch: \$2.75  
 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 *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.

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

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