

August 2022| MENU
6-8
Wake County Public School
System
Breakfast & Lunch



August 1-5
National Farmer's Market Week
Support Our Local Farmers 🌽

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>01 Breakfast WG Breakfast Grilled Cheese ✓ Fruit Lunch Brunch Totchos ✓ WG English Muffin Stewed Great Northern Beans ✓ Glazed Sweet Potatoes ✓ Fruit</p>	<p>02 Breakfast Crispy Waffles ✓ Fruit Lunch Beef Nachos Ranch Style Pinto Beans ✓ Salsa ✓ Fruit</p>	<p>03 Breakfast Cheddar Scrambled Eggs w/ WG Biscuit ✓ Fruit Lunch Baked Chicken Bites WG Dinner Roll Fresh Baby Carrots ✓ Baked Potato Tots ✓ Fruit</p>	<p>04 Breakfast WG Egg & Cheese Biscuit ✓ Fruit Lunch Hamburger/Cheeseburger on WG Bun Seasoned Carrots ✓ Steamed Broccoli ✓ Fruit</p>	<p>05 Breakfast Vanilla Yogurt & Fruit Parfait ✓ Cinnamon Toast ✓ Fruit Lunch Pizza Hut Pizza <i>✓ available</i> Baked Crinkle Cut Fries ✓ Fresh Tossed Salad ✓ Fruit</p>
<p>08 Breakfast Cinnamon Biscuit ✓ Fruit Lunch WG Pepperoni & Cheese Calzone Savory Green Beans ✓ Baked Crinkle Cut Fries ✓ Fruit</p>	<p>09 Breakfast Vanilla Yogurt & Fruit Parfait ✓ Cinnamon Toast ✓ Fruit Lunch Beef Taco Rice Bowl WG Tortilla Chips Ranch Style Pinto Beans ✓ Salsa ✓ Fruit</p>	<p>10 Breakfast WG Cheese Toast ✓ Fruit Lunch Carolina Pulled Pork WG Hushpuppies ✓ Beans & Rice ✓ Fresh Baby Carrots ✓ Fruit</p>	<p>11 Breakfast Southern Chicken Biscuit Fruit Lunch Baked Chicken Bites WG Dinner Roll Fresh Tossed Salad ✓ Smashed Sweet Potatoes ✓ Fruit</p>	<p>12 Breakfast WG Egg & Cheese Biscuit ✓ Fruit Lunch Pizza Hut Pizza <i>✓ available</i> Creamy Coleslaw ✓ Baked Beans ✓ Fruit</p>
<p>15 Breakfast Cheddar Scrambled Eggs w/ WG Biscuit ✓ Fruit Lunch Spicy Chicken Gyro Cucumber Sticks with Dip ✓ Baked Potato Tots ✓ Fruit</p>	<p>16 Breakfast Breakfast PB & J Sandwich ✓ Fruit Lunch Pork Carnitas WG Soft Tortillas Black Beans ✓ Salsa ✓ Fruit</p>	<p>17 Breakfast Crispy Waffles ✓ Fruit Lunch Hamburger/Cheeseburger on WG Bun Steamed Broccoli ✓ Fresh Baby Carrots ✓ Fruit</p>	<p>18 Breakfast Southern Chicken Biscuit Fruit Lunch Pepperoni & Cheese Calzone ✓ Garlic Spinach ✓ Baked Crinkle Cut Fries ✓ Fruit</p>	<p>19 Breakfast WG Cheese Toast ✓ Fruit Lunch Pizza Hut Pizza <i>✓ available</i> Seasoned Carrots ✓ Baked Beans ✓ Fruit</p>
<p>22 Breakfast WG Breakfast Grilled Cheese ✓ Fruit Lunch Brunch Totchos ✓ WG English Muffin Stewed Great Northern Beans ✓ Glazed Sweet Potatoes ✓ Fruit</p>	<p>23 Breakfast Crispy Waffles ✓ Fruit Lunch Beef Nachos Ranch Style Pinto Beans ✓ Salsa ✓ Fruit</p>	<p>24 Breakfast Cheddar Scrambled Eggs w/ WG Biscuit ✓ Fruit Lunch Baked Chicken Bites WG Dinner Roll Fresh Baby Carrots ✓ Baked Potato Tots ✓ Fruit</p>	<p>25 Breakfast WG Egg & Cheese Biscuit ✓ Fruit Lunch Hamburger/Cheeseburger on WG Bun Seasoned Carrots ✓ Steamed Broccoli ✓ Fruit</p>	<p>26 Breakfast Vanilla Yogurt & Fruit Parfait ✓ Cinnamon Toast ✓ Fruit Lunch Pizza Hut Pizza <i>✓ available</i> Baked Crinkle Cut Fries ✓ Fresh Tossed Salad ✓ Fruit</p>
<p>29 FIRST DAY TRADITIONAL Breakfast Cinnamon Biscuit ✓ Fruit Lunch WG Pepperoni & Cheese Calzone Savory Green Beans ✓ Baked Crinkle Cut Fries ✓ Fruit</p>	<p>30 Breakfast Vanilla Yogurt & Fruit Parfait ✓ Cinnamon Toast ✓ Fruit Lunch Beef Taco Rice Bowl WG Tortilla Chips Ranch Style Pinto Beans ✓ Salsa ✓ Fruit</p>	<p>31 Breakfast WG Cheese Toast ✓ Fruit Lunch Carolina Pulled Pork WG Hushpuppies ✓ Beans & Rice ✓ Fresh Baby Carrots ✓ Fruit</p>		

2022 6-8 Meal Prices:

Full Price Breakfast: \$1.75
Reduced Price Breakfast: Free, while funding is available
Full Price Lunch: \$3.25
Reduced Price Lunch: \$.40
Adults: A la Carte Pricing

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

Daily Lunch Items:
 Assorted Milk • Make Your Own PB&J Sandwich ✓

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.