

**August 2022| MENU**  
**9-12**  
**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  <b>Breakfast</b>            WG Breakfast Grilled Cheese ✓            Fruit  <b>Lunch</b>            Brunch Totchos ✓            WG English Muffin            Stewed Great Northern Beans ✓            Glazed Sweet Potatoes ✓            Fruit</p>	<p>02  <b>Breakfast</b>            Crispy Waffles ✓            Fruit  <b>Lunch</b>            Beef Nachos            Ranch Style Pinto Beans ✓            Salsa ✓            Fruit</p>	<p>03  <b>Breakfast</b>            Cheddar Scrambled Eggs w/ WG Biscuit ✓            Fruit  <b>Lunch</b>            Baked Chicken Bites            WG Dinner Roll            Fresh Baby Carrots ✓            Baked Potato Tots ✓            Fruit</p>	<p>04  <b>Breakfast</b>            WG Egg &amp; Cheese Biscuit ✓            Fruit  <b>Lunch</b>            Chicken Filet Sandwich            Seasoned Carrots ✓            Steamed Broccoli ✓            Fruit</p>	<p>05  <b>Breakfast</b>            Vanilla Yogurt &amp; Fruit Parfait ✓            Cinnamon Toast ✓            Fruit  <b>Lunch</b>            BBQ Pulled Pork Sandwich            Baked Crinkle Cut Fries ✓            Fresh Tossed Salad ✓            Fruit</p>
<p>08  <b>Breakfast</b>            Cinnamon Biscuit ✓            Fruit  <b>Lunch</b>            WG Pepperoni &amp; Cheese Calzone            Savory Green Beans ✓            Baked Crinkle Cut Fries ✓            Fruit</p>	<p>09  <b>Breakfast</b>            Vanilla Yogurt &amp; Fruit Parfait ✓            Cinnamon Toast ✓            Fruit  <b>Lunch</b>            Chicken Filet Sandwich            Beans &amp; Rice ✓            Fresh Baby Carrots ✓            Fruit</p>	<p>10  <b>Breakfast</b>            WG Cheese Toast ✓            Fruit  <b>Lunch</b>            Chicken Filet Sandwich            Beans &amp; Rice ✓            Fresh Baby Carrots ✓            Fruit</p>	<p>11  <b>Breakfast</b>            Southern Chicken Biscuit            Fruit  <b>Lunch</b>            Baked Chicken Bites            WG Dinner Roll            Fresh Tossed Salad ✓            Smashed Sweet Potatoes ✓            Fruit</p>	<p>12  <b>Breakfast</b>            WG Egg &amp; Cheese Biscuit ✓            Fruit  <b>Lunch</b>            Turkey Hot Dog            Creamy Coleslaw ✓            Baked Beans ✓            Fruit</p>
<p>15  <b>Breakfast</b>            Cheddar Scrambled Eggs w/ WG Biscuit ✓            Fruit  <b>Lunch</b>            Spicy Chicken Gyro            Cucumber Sticks with Dip ✓            Baked Potato Tots ✓            Fruit</p>	<p>16  <b>Breakfast</b>            Breakfast PB &amp; J Sandwich ✓            Fruit  <b>Lunch</b>            Pork Carnitas            WG Soft Tortillas            Black Beans ✓            Salsa ✓            Fruit</p>	<p>17  <b>Breakfast</b>            Crispy Waffles ✓            Fruit  <b>Lunch</b>            Hamburger/Cheeseburger on WG Bun            Steamed Broccoli ✓            Fresh Baby Carrots ✓            Fruit</p>	<p>18  <b>Breakfast</b>            Southern Chicken Biscuit            Fruit  <b>Lunch</b>            Pepperoni &amp; Cheese Calzone ✓            Garlic Spinach ✓            Baked Crinkle Cut Fries ✓            Fruit</p>	<p>19  <b>Breakfast</b>            WG Cheese Toast ✓            Fruit  <b>Lunch</b>            Chicken Filet Sandwich            Seasoned Carrots ✓            Baked Beans ✓            Fruit</p>
<p>22  <b>Breakfast</b>            WG Breakfast Grilled Cheese ✓            Fruit  <b>Lunch</b>            Brunch Totchos ✓            WG English Muffin            Stewed Great Northern Beans ✓            Glazed Sweet Potatoes ✓            Fruit</p>	<p>23  <b>Breakfast</b>            Crispy Waffles ✓            Fruit  <b>Lunch</b>            Beef Nachos            Ranch Style Pinto Beans ✓            Salsa ✓            Fruit</p>	<p>24  <b>Breakfast</b>            Cheddar Scrambled Eggs w/ WG Biscuit ✓            Fruit  <b>Lunch</b>            Baked Chicken Bites            WG Dinner Roll            Fresh Baby Carrots ✓            Baked Potato Tots ✓            Fruit</p>	<p>25  <b>Breakfast</b>            WG Egg &amp; Cheese Biscuit ✓            Fruit  <b>Lunch</b>            Chicken Filet Sandwich            Seasoned Carrots ✓            Steamed Broccoli ✓            Fruit</p>	<p>26  <b>Breakfast</b>            Vanilla Yogurt &amp; Fruit Parfait ✓            Cinnamon Toast ✓            Fruit  <b>Lunch</b>            BBQ Pulled Pork Sandwich            Baked Crinkle Cut Fries ✓            Fresh Tossed Salad ✓            Fruit</p>
<p>29 <b>FIRST DAY TRADITIONAL</b>  <b>Breakfast</b>            Cinnamon Biscuit ✓            Fruit  <b>Lunch</b>            WG Pepperoni &amp; Cheese Calzone            Savory Green Beans ✓            Baked Crinkle Cut Fries ✓            Fruit</p>	<p>30  <b>Breakfast</b>            Vanilla Yogurt &amp; Fruit Parfait ✓            Cinnamon Toast ✓            Fruit  <b>Lunch</b>            Beef Taco Rice Bowl            WG Tortilla Chips            Ranch Style Pinto Beans ✓            Salsa ✓            Fruit</p>	<p>31  <b>Breakfast</b>            WG Cheese Toast ✓            Fruit  <b>Lunch</b>            Chicken Filet Sandwich            Beans &amp; Rice ✓            Fresh Baby Carrots ✓            Fruit</p>		

**2022 9-12 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 ✓ • Domino's Pizza ✓ 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.