

**August 2022| MENU**  
**K-5**  
**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>                      Hamburger/Cheeseburger on WG Bun                      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 ✓                      Creamy Coleslaw ✓                      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>                      Beef Taco Rice Bowl                      WG Tortilla Chips                      Ranch Style Pinto Beans ✓                      Salsa ✓                      Fruit</p>	<p>10  <b>Breakfast</b>                      WG Cheese Toast ✓                      Fruit  <b>Lunch</b>                      Carolina Pulled Pork                      WG Hushpuppies ✓                      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>                      Crispy Chicken Patty 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>                      Hamburger/Cheeseburger on WG Bun                      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 ✓                      Creamy Coleslaw ✓                      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>                      Carolina Pulled Pork                      WG Hushpuppies ✓                      Beans &amp; Rice ✓                      Fresh Baby Carrots ✓                      Fruit</p>		

**2022 K-5 Meal Prices:**

**Full Price Breakfast:** \$1.50  
**Reduced Price Breakfast:** Free, while funding is available  
**Full Price Lunch:** \$3.00  
**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.