

August 2022| MENU
Pre-K
Wake County Public School
System
Breakfast & Lunch



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 <u>Breakfast</u> WG Breakfast Grilled Cheese ✓ Fruit <u>Lunch</u> Brunch Totchos ✓ WG English Muffin Glazed Sweet Potatoes ✓ Fruit	02 <u>Breakfast</u> WG Crispy Waffles ✓ Fruit <u>Lunch</u> Beef Nachos WG Tortilla Chips Ranch Style Pinto Beans ✓ Fruit	03 <u>Breakfast</u> Cheddar Scrambled Eggs w/ WG Biscuit ✓ Fruit <u>Lunch</u> WG Baked Chicken Bites WG Dinner Roll Seasoned Carrots ✓ Fruit	04 <u>Breakfast</u> WG Egg & Cheese Biscuit ✓ Fruit <u>Lunch</u> Hamburger/Cheeseburger on WG Bun Steamed Broccoli ✓ Fruit	05 <u>Breakfast</u> WG Cereal ✓ Fruit <u>Lunch</u> BBQ Pulled Pork Sandwich Baked Crinkle Cut Fries ✓ Fruit
08 <u>Breakfast</u> WG Cinnamon Biscuit ✓ Fruit <u>Lunch</u> WG Pepperoni & Cheese Calzone Savory Green Beans ✓ Fruit	09 <u>Breakfast</u> WG Cereal ✓ Fruit <u>Lunch</u> Beef Taco Rice Bowl WG Tortilla Chips Ranch Style Pinto Beans ✓ Fruit	10 <u>Breakfast</u> WG Cheese Toast ✓ Fruit <u>Lunch</u> Carolina Pulled Pork WG Hushpuppies ✓ Beans & Rice ✓ Fruit	11 <u>Breakfast</u> WG Southern Chicken Biscuit Fruit <u>Lunch</u> Baked Chicken Bites WG Dinner Roll Smashed Sweet Potatoes ✓ Fruit	12 <u>Breakfast</u> WG Egg & Cheese Biscuit ✓ Fruit <u>Lunch</u> Yogurt Box with WG Granola ✓ Cucumber Sticks with Dip ✓ Fruit
15 <u>Breakfast</u> Cheddar Scrambled Eggs w/ WG Biscuit ✓ Fruit <u>Lunch</u> WG Mini Chicken Quesadillas Baked Potato Tots ✓ Fruit	16 <u>Breakfast</u> WG Cereal ✓ Fruit <u>Lunch</u> Yogurt Box with WG Granola ✓ Cucumber Sticks with Dip ✓ Fruit	17 <u>Breakfast</u> WG Crispy Waffles ✓ Fruit <u>Lunch</u> Hamburger/Cheeseburger on WG Bun Steamed Broccoli ✓ Fruit	18 <u>Breakfast</u> WG Southern Chicken Biscuit Fruit <u>Lunch</u> Pepperoni & Cheese Calzone ✓ Baked Crinkle Cut Fries ✓ Fruit	19 <u>Breakfast</u> WG Cheese Toast ✓ Fruit <u>Lunch</u> Crispy Chicken Patty Sandwich Baked Beans ✓ Fruit
22 <u>Breakfast</u> WG Breakfast Grilled Cheese ✓ Fruit <u>Lunch</u> Brunch Totchos ✓ WG English Muffin Glazed Sweet Potatoes ✓ Fruit	23 <u>Breakfast</u> WG Crispy Waffles ✓ Fruit <u>Lunch</u> Beef Nachos Ranch Style Pinto Beans ✓ Fruit	24 <u>Breakfast</u> Cheddar Scrambled Eggs w/ WG Biscuit ✓ Fruit <u>Lunch</u> WG Baked Chicken Bites WG Dinner Roll Seasoned Carrots ✓ Fruit	25 <u>Breakfast</u> WG Egg & Cheese Biscuit ✓ Fruit <u>Lunch</u> Hamburger/Cheeseburger on WG Bun Steamed Broccoli ✓ Fruit	26 <u>Breakfast</u> WG Cereal ✓ Fruit <u>Lunch</u> BBQ Pulled Pork Sandwich Baked Crinkle Cut Fries ✓ Fruit
29 FIRST DAY TRADITIONAL <u>Breakfast</u> Cinnamon Biscuit ✓ Fruit <u>Lunch</u> WG Pepperoni & Cheese Calzone Savory Green Beans ✓ Fruit	30 <u>Breakfast</u> WG Cereal ✓ Fruit <u>Lunch</u> Beef Taco Rice Bowl WG Tortilla Chips Ranch Style Pinto Beans ✓ Fruit	31 <u>Breakfast</u> WG Cheese Toast ✓ Fruit <u>Lunch</u> Carolina Pulled Pork WG Hushpuppies ✓ Beans & Rice ✓ Fruit		

2022 Pre-K 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

Breakfast includes: Entrée, fruit & unflavored milk.

Lunch includes: Entrée with grain/bread, ½ cup vegetable, ½ cup fruit & unflavored milk

✓ Symbolizes the daily vegetarian options

Menu selection is subject to change at any time