

**December 2022| MENU**  
**9-12**  
**Wake County Public School**  
**System**  
**Breakfast & Lunch**



**December 1 Eat a Red Apple Day**  
**December 19-30 Winter Break - Modified, Stem**

**December 22-30 Winter Break - Traditional**

**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:** Free, while funding is available  
**Adults:** A la Carte Pricing

**Daily Breakfast Items:**

Assorted Milk • Fresh Fruit • Yogurt Box  
 • Variety of Cereals

**Daily Lunch Items:**

Assorted Milk • Make Your Own PB&J Sandwich ✓ •  
 Domino's Pizza *V available*



**Additional Lunch Options:**

Yogurt Box ✓ • Fruit & Yogurt Parfait ✓ • Hummus Box ✓  
 • Chef Salads *V available*

**Milk Choices:** • Fat Free Unflavored, & Fat Free  
 Chocolate









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.

 Fresh and often LOCAL produce  
 Whole Grain

*"V" Symbolizes the daily vegetarian options*

 **LIMITED TIME OFFER** - Tell us what you think!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			01 <u>Breakfast</u> Scrambled Eggs & Toast ✓ Diced Peaches <u>Lunch</u> Baked Chicken Bites Penne alla Rosa ✓ NEW! ✪ Garlic Roll Fresh Cucumber Sticks with Dip ✓ Mixed Vegetables ✓ Red Delicious Apples	02 <u>Breakfast</u> Vanilla Yogurt & Fruit Parfait ✓ Mixed Fruit <u>Lunch</u> Chicken Filet Sandwich Baked Crinkle Cut Fries ✓ Fresh Tossed Salad ✓ Diced Peaches
05 <u>Breakfast</u> ✪ Pancakes 100% Fruit Blend Juice <u>Lunch</u> Chicken & Vegetable Dumplings ✪ Veggie Lo Mein ✓ Stir Fry Vegetables ✓ Sweet & Sour Green Beans ✓ Diced Peaches	06 <u>Breakfast</u> Egg & Cheese Wakemuffin ✓ Applesauce Cup <u>Lunch</u> Chicken Enchilada Empanada Plant Based 3 Bean Chili ✓ ✪ Tortilla Chips Buttered Corn ✓ Salsa ✓ Mixed Fruit	07 <u>Breakfast</u> ✪ Jumbo Waffles ✓ Diced Peaches <u>Lunch</u> Hamburger/Cheeseburger Hot Dog Creamy Coleslaw ✓ Baked Beans ✓ Diced Pears	08 <u>Breakfast</u> Southern Chicken Biscuit Mixed Fruit <u>Lunch</u> Baked Chicken Bites Rotini with Meat Sauce or Marinara ✓ ✪ Garlic Flatbread Broccoli & Cheese ✓ 🍅 Fresh Steamed Carnival Cauliflower ✓ Fresh Tangerines	09 <u>Breakfast</u> Peanut Butter & Jelly Parfait ✓  Applesauce Cup <u>Lunch</u> Chicken Filet Sandwich Baked Sweet Potato Fries ✓ Fresh Tossed Salad ✓ Mixed Fruit
12 <u>Breakfast</u> Sausage Biscuit 100% Apple Juice <u>Lunch</u> Roasted Chicken Cheesy Broccoli Rice Bake ✓ NEW! Fresh Baked Biscuit ✓ Savory Green Beans ✓ Steamed Broccoli ✓ Applesauce	13 <u>Breakfast</u> Vanilla Yogurt & Fruit Parfait ✓ Applesauce Cup <u>Lunch</u> Beef Nachos Queso & Chips ✓ Ranchero Pinto Beans ✓ Salsa ✓ Diced Peaches	14 <u>Breakfast</u> Southern Chicken Biscuit Mixed Fruit <u>Lunch</u> BBQ Burger  Morningstar Plant Based Burger ✓ Baked Potato Tots ✓ Baked Beans ✓ Diced Pears	15 <u>Breakfast</u> Egg & Cheese Biscuit ✓ Diced Peaches <u>Lunch</u> Baked Chicken Bites Pasta Primavera ✓ ✪ Dinner Roll Fresh Baby Carrots ✓ Spinach Salad ✓ Applesauce Cup	16 <u>Breakfast</u> Donut Day! Mixed Fruit <u>Lunch</u> Chicken Filet Sandwich Baked Crinkle Cut Fries ✓ Fresh Tossed Salad ✓ Diced Peaches
19 <u>Breakfast</u> Egg & Cheese Biscuit ✓ 100% Fruit Blend Juice <u>Lunch</u> Hamburger/Cheeseburger ✪ Toasty Grilled Cheese Sandwich ✓ Baked Potato Tots ✓ Vegetable Soup ✓ Diced Pears	20 <u>Breakfast</u> Sausage Biscuit Mixed Fruit <u>Lunch</u> Managers Choice Entrée Grains Vegetables (2) Fruit	21 <u>Breakfast</u> ✪ Pancakes ✓ Diced Pears <u>Lunch</u> Ham & Cheese Sub Hummus Box ✓ Fresh Baby Carrots ✓ Cucumber Sticks ✓ 100% Apple Juice	22 WINTER BREAK 	23 WINTER BREAK 
26 WINTER BREAK 	27 WINTER BREAK 	28 WINTER BREAK 	29 WINTER BREAK 	30 WINTER BREAK 