

**December 2022| MENU**  
**K-5**  
**Wake County Public School**  
**System**  
**Breakfast & Lunch**



**December 1 Eat A Red Apple Day**  
**December 19-30 Winter Break – Modified,**  
**Stem**  
**December 22-30 Traditional**

**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:** 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

**Additional Lunch Options:**  
 Yogurt Box • Fruit & Yogurt Parfait • Hummus Box   
 • Chef Salads 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  
 - 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 Rolls Fresh Cucumber Sticks with Dip Mixed Vegetables Red Delicious Apples	02 <u>Breakfast</u> Vanilla Yogurt & Fruit Parfait Mixed Fruit <u>Lunch</u> Pizza Day!  available Baked Crinkle Cut Fries Fresh Tossed Salad Diced Peaches
05 <u>Breakfast</u> Pancakes 100% Fruit Blend Juice <u>Lunch</u> General Tso's Chicken & Rice 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> Pizza Day!  available 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> Pizza Day!  available Baked Crinkle Cut Fries Fresh Tossed Salad Diced Peaches
19 <u>Breakfast</u> Egg & Cheese Biscuit 100% Fruit Blend Juice <u>Lunch</u> Crispy Chicken Sandwich 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 Peaches <u>Lunch</u> Ham & Cheese Sub Hummus Box Grains 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 