

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 Breakfast Canadian Bacon, Egg & Cheese on Ciabatta Mixed Fruit Lunch Vegetarian Fried Rice V Sriracha Honey Chicken W/ Chow Mein Chicken Filet Sandwich Variety of Pizza V <i>Option Available</i> Steamed Broccoli V Ginger Glazed Carrots V Baked Spiral Cut French Fries V Diced Peaches	04 Breakfast Country Omelet with Turkey Sausage & Toast Diced Peaches Lunch Gourmet Grilled Veggie Panini V Turkey Pot Pie Southern Biscuit V Chicken Filet Sandwich Variety of Pizza V <i>Option Available</i> Glazed Sweet Potatoes V Fresh Tossed Salad V Baked Crinkle Cut French Fries V Diced Pears	05 Breakfast Bacon, Egg & Cheese Biscuit Toast Diced Peaches Lunch Pasta Primavera V Baked Chicken Nuggets Wild Mike's Cheese Bites V Chicken Filet Sandwich Variety of Pizza V <i>Option Available</i> Texas Toast Marinara V Broccoli with Cheese Sauce V Baked Waffle Cut French Fries V Applesauce Cup	06 Breakfast Jumbo Waffle with Turkey Sausage Cinnamon Baked Apples Lunch Vegetarian Nachos V Buffalo Chicken Nachos Mini Chicken Quesadillas Chicken Filet Sandwich Variety of Pizza V <i>Option Available</i> Salsa V Spicy Black Beans V Shredded Lettuce & Tomato V Baked Potato Tots V Mixed Fruit	07 Breakfast Southern Chicken Filet Biscuit Mixed Fruit Lunch Vegetarian Chili with Crackers V Turkey Hot Dog Wake Deli Sandwich Chicken Filet Sandwich Variety of Pizza V <i>Option Available</i> Baby Carrots w/ Dip V Baked Sweet Potato French Fries V Diced Peaches
10 Breakfast Turkey Sausage Biscuit Diced Peaches Lunch Vegetarian Fried Rice V Mandarin Chicken over Chow Mein Szechuan Broccoli V Chicken Filet Sandwich Variety of Pizza V <i>Option Available</i> Baby Carrots with Dip V Baked Spiral Cut French Fries V Applesauce Cup	11 Breakfast Glazed French Toast Sticks V Applesauce Cup Lunch Gourmet Grilled Veggie Panini V Gourmet Grilled Ham & Cheese Panini Chicken Filet Sandwich Variety of Pizza V <i>Option Available</i> Broccoli Cheese Soup V Mixed Vegetables V Baked Crinkle Cut French Fries V Mixed Fruit	12 Breakfast Southern Chicken Filet Biscuit Mixed Fruit Lunch Pasta Primavera V Baked Chicken Nuggets Baked Lasagna V Chicken Filet Sandwich Variety of Pizza V <i>Option Available</i> WG Texas Toast Garlic Green Beans V Steamed Carrots V Baked Waffle Cut French Fries V Diced Peaches	13 Breakfast Wake Breakfast Platter Diced Peaches Lunch Vegetarian Nachos V Buffalo Chicken Nachos Fiestada Pizza Chicken Filet Sandwich Variety of Pizza V <i>Option Available</i> Salsa V Spicy Pinto Beans V Fresh Tossed Salad V Baked Potato Tots V Diced Pears	14 VALENTINE'S DAY Breakfast Bacon, Egg & Cheese Biscuit Diced Pears Lunch Vegetarian Chili with Crackers V Turkey Hot Dog Popcorn Chicken & Potato Bowl Chicken Filet Sandwich Variety of Pizza V <i>Option Available</i> Carrot Raisin Salad V Baked Sweet Potato French Fries V Mixed Fruit
17 PRESIDENT'S DAY Breakfast Bacon, Egg & Cheese Biscuit Diced Pears Lunch Vegetarian Fried Rice V General Tso's Chicken *Fried Rice V Chicken Filet Sandwich Variety of Pizza V <i>Option Available</i> Steamed Broccoli V Asian Style Stir Fry Veggies V Baked Spiral Cut French Fries V Mixed Fruit	18 Breakfast Breakfast Flatbread Mixed Fruit Breakfast for Lunch Broccoli Cheese Quiche V Country Omelet with Turkey Sausage & Biscuit Chicken & Waffles Chicken Filet Sandwich Variety of Pizza V <i>Option Available</i> Fresh Spinach Salad V Baked Crinkle Cut French Fries V Diced Peaches	19 Breakfast Turkey Sausage Biscuit Diced Peaches Lunch Pasta Primavera V Baked Chicken Nuggets Macaroni & Cheese V Chicken Filet Sandwich Variety of Pizza V <i>Option Available</i> WG Dinner Roll Savory Green Beans V Mixed Veggies V Baked Waffle Cut French Fries V Applesauce Cup	20 Breakfast Glazed French Toast Sticks V Applesauce Cup Lunch Vegetarian Nachos V Buffalo Chicken Nachos Spicy Bean & Cheese Enchiladas V Chicken Filet Sandwich Variety of Pizza V <i>Option Available</i> Salsa V Spicy Black Beans V Baked Potato Tots V Mixed Fruit	21 Breakfast Southern Chicken Filet Biscuit Mixed Fruit Lunch Vegetarian Chili with Crackers V Turkey Hot Dog Spicy Chicken Gyro with Tzatziki Sauce Chicken Filet Sandwich Variety of Pizza V <i>Option Available</i> Fresh Sliced Cucumbers V Baked Sweet Potato French Fries V Diced Peaches
24 Breakfast Canadian Bacon, Egg & Cheese on Ciabatta Mixed Fruit Lunch Vegetarian Fried Rice V Sriracha Honey Chicken W/ Chow Mein Chicken Filet Sandwich Variety of Pizza V <i>Option Available</i> Steamed Broccoli V Ginger Glazed Carrots V Baked Spiral Cut French Fries V Diced Peaches	25 Breakfast Country Omelet with Turkey Sausage & Toast Diced Peaches Lunch Gourmet Grilled Veggie Panini V Turkey Pot Pie Southern Biscuit V Chicken Filet Sandwich Variety of Pizza V <i>Option Available</i> Glazed Sweet Potatoes V Fresh Tossed Salad V Baked Crinkle Cut French Fries V Diced Pears	26 Breakfast Bacon, Egg & Cheese Biscuit Diced Pears Lunch Pasta Primavera V Baked Chicken Nuggets Crispy Fish Nuggets with Hushpuppies Chicken Filet Sandwich Variety of Pizza V <i>Option Available</i> Texas Toast Creamy Coleslaw V Broccoli with Cheese Sauce V Baked Waffle Cut French Fries V Applesauce Cup	27 WINTER LUAU! Breakfast Jumbo Waffle with Turkey Sausage Cinnamon Baked Apples Lunch Morning Star Vegan Chik'n Nuggets V *Hawaiian Pork Lau Lau *Chicken Huli Huli with Rice Chicken Filet Sandwich Variety of Pizza V <i>Option Available</i> Garlic Flatbread Pinto Beans V Buttered Corn V Frozen Fruit Cooler Baked Potato Tots V Mixed Fruit	28 Breakfast DONUT DAY! Mixed Fruit Lunch Vegetarian Chili with Crackers V Turkey Hot Dog Seaside Fish Sandwich Chicken Filet Sandwich Variety of Pizza V <i>Option Available</i> Baby Carrots w/ Dip V Baked Sweet Potato French Fries V Diced Peaches

February 2020 | MENU

Wake County Public School System

9-12 Breakfast & Lunch Menu



9-12 Paid Meal Prices:

Breakfast: \$1.50
 Lunch: \$3.00
 Adults: A la Carte Pricing

9-12 Reduced Meal Prices:

*Breakfast: \$0.30
 Lunch: \$0.40

* The actual charge may be less, depending on funding

Breakfast includes choice of: Entrée, fruit & milk. Students must select a fruit/juice.

Daily Breakfast Items: • Assorted Milk • Fresh Fruit • 100% Fruit Juice

Additional Breakfast Options • Variety of Cereals V • Breakfast Box V • Pop-tart V • Protein Box

Lunch includes a choice of: Entrée with grain/bread, 1-2 vegetables, 1-2 fruits & milk. Students must select a fruit and/or vegetable.

V Symbolizes the daily vegetarian options

Daily Lunch Items: • Assorted Milk • Fresh Fruit • Entree Salad V *Option Available* • PB&J Sandwich V

Additional Lunch Options:

• Yogurt Box V • Cheese & Cracker Box V • Fruit Parfait V • Hummus Box V • Peanut Butter Box V • Ants on a Log Box V

Milk Choices: • Fat Free Unflavored, Strawberry, Chocolate, and Vanilla

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.

NEW! A la Carte Chicken Wings, \$1.00 each, 4 for \$3.00- not included with meal choices, additional charges apply

USDA Non-discrimination statement: <http://childnutrition.ncpublicschools.gov/information-resources/civil-rights/usda-non-discrimination-statement>

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* Pork Lau Lau - Hawaiian style pulled pork

* Chicken Huli Huli- Grilled chicken seasoned with soy sauce, ginger, pineapple & brown sugar



Child Nutrition Services