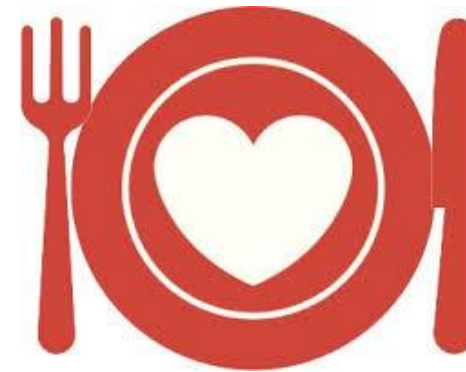





**February 2023| MENU**  
**9-12**  
**Wake County Public School**  
**System**  
**Breakfast & Lunch**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>01 <u>Breakfast</u> Southern Chicken Biscuit Mixed Fruit <u>Lunch</u> Hamburger/Cheeseburger Morningstar Plant Based Burger ✓ Creamy Coleslaw ✓ Baked Beans ✓ Applesauce Cup</p>	<p>02 <u>Breakfast</u> Sausage, Egg &amp; Cheese Wakemuffin ✓ Diced Peaches <u>Lunch</u> Baked Chicken Drumstick with Hushpuppies Crispy Grilled Cheese Sandwich ✓ Potato Tots ✓ Maple &amp; Sage Glazed Carrots ✓ 100% Apple Juice</p>	<p>03 <u>Breakfast</u> Vanilla Yogurt &amp; Fruit Parfait ✓ Mixed Fruit <u>Lunch</u> Chicken Filet Sandwich Baked Sweet Potato Fries ✓ Fresh Tossed Salad ✓ Diced Pears</p>
<p>06 <u>Breakfast</u> ☼Pancakes 100% Fruit Blend Juice <u>Brunch for Lunch</u> Chicken &amp; Waffle Sandwich Egg &amp; Cheese Wakemuffin ✓ Creamy Garlic Spinach ✓ Quick Pickled Cucumbers ✓ Diced Peaches</p>	<p>07 <u>Breakfast</u> Scrambled Eggs &amp; English Muffin ✓ Diced Peaches <u>Lunch</u> Chicken Enchilada Empanada Bean &amp; Cheese Dip with Chips ✓ Buttered Corn ✓ Salsa ✓ Mixed Fruit</p>	<p>08 <u>Breakfast</u> Southern Chicken Biscuit Mixed Fruit <u>Lunch</u> <b>Thai Green Curry Chicken &amp; Rice</b>  Rotini with Meat Sauce or Marinara ✓ ☼ Garlic Flatbread Seasoned Carrots ✓ Steamed Broccoli ✓ Diced Pears</p>	<p>09 <u>Breakfast</u> Cheesy Grits &amp; Scrambled Eggs Bowl ✓ Mixed Fruit <u>Lunch</u> Pepperoni Calzone Spicy Chicken Gyro Fresh Baby Carrots ✓ Fresh Cucumber Sticks with Dip ✓ 100% Apple Juice</p>	<p>10 <b>SUPERBOWL PARTY!</b>  <u>Breakfast</u> Vanilla Yogurt &amp; Fruit Parfait ✓ Applesauce Cup <u>Lunch</u> Chicken Filet Sandwich Touchdown Cheese Fries ✓ Fresh Tossed Salad ✓ 🍷 Fresh Blood Oranges Mixed Fruit</p>
<p>13 <u>Breakfast</u> Scrambled Eggs &amp; Toast ✓ 100% Apple Juice <u>Lunch</u> Roasted Chicken Double Cheese Mac &amp; Cheese ✓ Fresh Baked Biscuit Steamed Broccoli ✓ Garlic Green Beans ✓ Diced Pears</p>	<p>14 <b>VALENTINE'S DAY</b>  <u>Breakfast</u> Sausage &amp; Cheese Wakemuffin Applesauce Cup <u>Lunch</u> Chicken Taquitos with Queso Dip Plant Based 3 Bean Chili ✓ ☼ Tortilla Chips Buttered Corn ✓ Salsa ✓ Mixed Fruit</p>	<p>15 <u>Breakfast</u> ☼ Jumbo Waffles ✓ Diced Peaches <u>Lunch</u> Hot Dog Crispy Grilled Cheese Sandwich ✓ Potato Tots ✓ Baked Beans ✓ Diced Pears</p>	<p>16 <u>Breakfast</u> Vanilla Yogurt &amp; Fruit Parfait ✓ Diced Pears <u>Lunch</u> Baked Chicken Bites Pasta Primavera ✓ ☼ Dinner Roll Fresh Baby Carrots ✓ Spinach Salad ✓ 100% Apple Juice</p>	<p>17 <u>Breakfast</u> Cheesy Grits &amp; Scrambled Eggs Bowl ✓ Mixed Fruit <u>Lunch</u> Chicken Filet Sandwich Baked Crinkle Cut Fries ✓ Fresh Tossed Salad ✓ Diced Peaches</p>
<p>20 <u>Breakfast</u> Sausage Biscuit 100% Apple Juice <u>Lunch</u> Mandarin Chicken &amp; Rice Veggie Lo Mein ✓ Garlic Flatbread Savory Green Beans ✓ Steamed Broccoli ✓ Applesauce</p>	<p>21 <u>Breakfast</u> Peanut Butter &amp; Jelly Parfait ✓ Diced Pears <u>Lunch</u> Beef Nachos Queso &amp; Chips ✓ Black &amp; White Beans ✓ Salsa ✓ Diced Peaches</p>	<p>22 <b>ASH WEDNESDAY</b> <u>Breakfast</u> Southern Chicken Biscuit Mixed Fruit <u>Lunch</u> Fish Filet Sandwich Morningstar Plant Based Burger ✓ Creamy Coleslaw ✓ Salsa ✓ Baked Beans ✓ Applesauce Cup</p>	<p>23 <u>Breakfast</u> Sausage, Egg &amp; Cheese Wakemuffin ✓ Diced Peaches <u>Lunch</u> BBQ Pork Rib Sandwich <b>NEW!</b> Crispy Grilled Cheese Sandwich ✓ Potato Tots ✓ Maple &amp; Sage Glazed Carrots ✓ 100% Apple Juice</p>	<p>24 <u>Breakfast</u> Donut Day! Mixed Fruit <u>Lunch</u> Chicken Filet Sandwich Baked Sweet Potato Fries ✓ Fresh Tossed Salad ✓ 🍷 Fresh Green Dragon Apples Diced Pears</p>
<p>27 <u>Breakfast</u> ☼Pancakes 100% Fruit Blend Juice <u>Lunch</u> Managers Choice Entrée Grains Vegetables (2) Fruit</p>	<p>28 <u>Breakfast</u> Scrambled Eggs &amp; English Muffin ✓ Diced Peaches <u>Lunch</u> Chicken Enchilada Empanada Bean &amp; Cheese Dip with Chips ✓ Buttered Corn ✓ Salsa ✓ Mixed Fruit</p>	<p><b>BIG SHOUT OUT!</b> A big shout out to <b>APEX FRIENDSHIP HS</b> for helping us test <b>Thai Green Curry Chicken &amp; Red Curry Roasted Cauliflower!</b> The Green Curry Chicken edged out the Red Curry Cauliflower by just a few votes!  <b>Thanks for your help, we appreciate the great feedback!</b></p>		

**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 • Fresh Fruit • Make Your Own PB&J  
 Sandwich ✓ • Domino's Pizza *available*

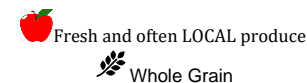
**Additional Lunch Options:**

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.



"V" Symbolizes the daily vegetarian options

