

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01 	02 Breakfast Manager's Choice Lunch Manager's Choice	03 Breakfast Manager's Choice Lunch Manager's Choice
06 Breakfast Skillet Frittata 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	07 Breakfast Mini Maple Pancakes V Mixed Fruit Lunch Spicy Black Bean Burger V Hamburger/Cheeseburger Chicken & Waffles Chicken Filet Sandwich Variety of Pizza V <i>Option Available</i> Steamed Carrots V Baked Crinkle Cut French Fries V Diced Peaches	08 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 Garlic Green Beans V Mixed Veggies V Baked Waffle Cut French Fries V Applesauce	09 Breakfast Glazed French Toast Sticks V Mixed Fruit Lunch Vegetarian Nachos V Beef Nachos Pork Carnitas Chicken Filet Sandwich Variety of Pizza V <i>Option Available</i> Salsa V Spicy Black Beans V Buttered Corn V Baked Potato Tots V Mixed Fruit	10 Breakfast Protein Packed Breakfast Boat Mixed Fruit Lunch Vegetarian Chili Turkey Hot Dog w/ Chili Spicy Chicken Gyro Chicken Filet Sandwich Variety of Pizza V <i>Option Available</i> Fresh Sliced Cucumbers V Baked Sweet Potato French Fries V Diced Peaches
13 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	14 Breakfast Glazed French Toast Sticks V Diced Peaches Lunch Spicy Black Bean Burger V Hamburger/Cheeseburger Turkey Pot Pie Chicken Filet Sandwich Variety of Pizza V <i>Option Available</i> Southern Biscuit Mixed Veggies V Fresh Tossed Salad V Baked Crinkle Cut French Fries V Diced Pears	15 Breakfast Breakfast Pizza Bagel 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 Savory Green Beans V Baked Waffle Cut French Fries V Applesauce	16 Breakfast Jumbo Waffles with Turkey Sausage Cinnamon Baked Apples Lunch Vegetarian Nachos V Beef Nachos Buffalo Chicken Nachos 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	17 Breakfast Breakfast Bowl Mixed Fruit Lunch Vegetarian Chili V Turkey Hot Dog w/ Chili Juicy Stuffed Burger Chicken Filet Sandwich Variety of Pizza V <i>Option Available</i> Baby Carrots w/ Dip V Baked Sweet Potato French Fries V Diced Peaches
20 	21 Breakfast Glazed French Toast Sticks V Applesauce Lunch Spicy Black Bean Burger V Hamburger/Cheeseburger Gourmet Grilled Ham & Cheese Panini Chicken Filet Sandwich Variety of Pizza V <i>Option Available</i> Minestrone Soup V Savory Green Beans V Baked Crinkle Cut French Fries V Mixed Fruit	22 Breakfast Wake Breakfast Platter Mixed Fruit Lunch Pasta Primavera V Baked Chicken Nuggets Baked Chicken Parmesan over Spaghetti Chicken Filet Sandwich Variety of Pizza V <i>Option Available</i> WG Texas Toast Broccoli with Cheese Sauce V Steamed Carrots V Baked Waffle Cut French Fries V Diced Peaches	23 Breakfast Soft Baked Cinnamon Toast Crunch Bar V Diced Peaches Lunch Vegetarian Nachos V Beef Nachos Fiesta 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	24 Breakfast Southern Chicken Filet Biscuit Diced Pears Lunch Vegetarian Chili V Turkey Hot Dog w/ Chili Popcorn Chicken & Potato Bowl Southern Biscuit Chicken Filet Sandwich Variety of Pizza V <i>Option Available</i> Squash Casserole V Baked Sweet Potato French Fries V Mixed Fruit
27 Breakfast Skillet Frittata 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	28 Breakfast Mini Maple Pancakes V Mixed Fruit Lunch Spicy Black Bean Burger V Hamburger/Cheeseburger Chicken & Waffles Chicken Filet Sandwich Variety of Pizza V <i>Option Available</i> Steamed Carrots V Fresh Tossed Salad V Baked Crinkle Cut French Fries V Diced Peaches	29 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 Garlic Green Beans V Mixed Veggies V Baked Waffle Cut French Fries V Applesauce	30 Breakfast Glazed French Toast Sticks V Mixed Fruit Lunch Vegetarian Nachos V Beef Nachos Pork Carnitas Chicken Filet Sandwich Variety of Pizza V <i>Option Available</i> Salsa V Spicy Black Beans V Buttered Corn V Baked Potato Tots V Mixed Fruit	31 Breakfast DONUT DAY! Mixed Fruit Lunch Vegetarian Chili Turkey Hot Dog w/ Chili Spicy Chicken Gyro Chicken Filet Sandwich Variety of Pizza V <i>Option Available</i> Fresh Sliced Cucumbers V Baked Sweet Potato French Fries V Diced Peaches

January 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 • Mozzarella String Cheese 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



Child Nutrition Services

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