



January 2021 | MENU
Breakfast & Lunch
 Wake County Public School
 System

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				01 
04 <u>Breakfast</u> WG Cheerios Applesauce Fat Free Skim Milk <u>Lunch</u> Spicy Chicken Gyro Steamed Carrots ✓ Mixed Fruit Fat Free Milk	05 <u>Breakfast</u> Turkey Sausage Biscuit Mixed Fruit Fat Free Skim Milk <u>Lunch</u> Beef & Cheese Nachos Buttered Corn ✓ Diced Pears Fat Free Milk	06 <u>Breakfast</u> Pancake and Scrambled Egg Platter Diced Pears Fat Free Skim Milk <u>Lunch</u> Roasted Chicken WG Dinner Roll Glazed Sweet Potatoes ✓ Mixed Fruit Fat Free Milk	07 <u>Breakfast</u> Egg & Cheese Biscuit ✓ Mixed Fruit Fat Free Skim Milk <u>Lunch</u> Fish Filet Sandwich ✓ Savory Green Beans ✓ Strawberries Fat Free Milk	08 <u>Breakfast</u> Chicken Biscuit Strawberries Fat Free Skim Milk <u>Lunch</u> Cheeseburger Baked French Fries ✓ Applesauce Fat Free Milk
11 <u>Breakfast</u> WG Cheerios Diced Peaches Fat Free Skim Milk <u>Lunch</u> Personal Cheese Pizza ✓ Savory Green Beans ✓ Applesauce Fat Free Milk	12 <u>Breakfast</u> Turkey Sausage Biscuit Applesauce Fat Free Skim Milk <u>Lunch</u> Chicken Taquitos with Cheese Dip Spicy Black Beans ✓ Sliced Strawberries Fat Free Milk	13 <u>Breakfast</u> Pancake and Scrambled Egg Platter Sliced Strawberries Fat Free Skim Milk <u>Lunch</u> Philly Cheesesteak Steamed Carrots ✓ Diced Peaches Fat Free Milk	14 <u>Breakfast</u> Egg & Cheese Biscuit ✓ Diced Peaches Fat Free Skim Milk <u>Lunch</u> WG Macaroni & Cheese ✓ Mixed Vegetables ✓ Diced Pears Fat Free Milk	15 <u>Breakfast</u> Chicken Biscuit Diced Pears Fat Free Skim Milk <u>Lunch</u> Turkey Hot Dog Baked French Fries ✓ Diced Peaches Fat Free Milk
18 	19 <u>Breakfast</u> Turkey Sausage Biscuit Mixed Fruit Fat Free Skim Milk <u>Lunch</u> Beef & Cheese Nachos Buttered Corn ✓ Diced Pears Fat Free Milk	20 <u>Breakfast</u> Pancake and Scrambled Egg Platter Diced Pears Fat Free Skim Milk <u>Lunch</u> Roasted Chicken WG Dinner Roll Glazed Sweet Potatoes ✓ Mixed Fruit Fat Free Milk	21 <u>Breakfast</u> Egg & Cheese Biscuit ✓ Mixed Fruit Fat Free Skim Milk <u>Lunch</u> Fish Filet Sandwich ✓ Savory Green Beans ✓ Mixed Fruit Fat Free Milk	22 <u>Breakfast</u> Chicken Biscuit Mixed Fruit Fat Free Skim Milk <u>Lunch</u> Cheeseburger Baked French Fries ✓ Applesauce Fat Free Milk
25 <u>Breakfast</u> WG Cheerios Diced Peaches Fat Free Skim Milk <u>Lunch</u> Personal Cheese Pizza ✓ Savory Green Beans ✓ Applesauce Fat Free Milk	26 <u>Breakfast</u> Turkey Sausage Biscuit Applesauce Fat Free Skim Milk <u>Lunch</u> Chicken Taquitos with Cheese Dip Spicy Black Beans ✓ Sliced Strawberries Fat Free Milk	27 <u>Breakfast</u> Pancake and Scrambled Egg Platter Sliced Strawberries Fat Free Skim Milk <u>Lunch</u> Philly Cheesesteak Steamed Carrots ✓ Diced Peaches Fat Free Milk	28 <u>Breakfast</u> Egg & Cheese Biscuit ✓ Diced Peaches Fat Free Skim Milk <u>Lunch</u> WG Macaroni & Cheese ✓ Mixed Vegetables ✓ Diced Pears Fat Free Milk	29 <u>Breakfast</u> Chicken Biscuit Diced Pears Fat Free Skim Milk <u>Lunch</u> Turkey Hot Dog Baked French Fries ✓ Diced Peaches Fat Free Milk



Fat Free Unflavored Milk included with breakfast
 Lunch Milk Choices: • Fat Free Unflavored and Chocolate

Menu options subject to change due to product availability.

V = Vegetarian Item