



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	03 <u>Breakfast</u> Vanilla Yogurt & Fruit Parfait ✓ 100% Apple Juice <u>Lunch</u> Beef Walking Tacos Queso & Chips ✓ Spicy Black Beans ✓ Salsa ✓ Diced Peaches	04 <b>NATIONAL SPAGHETTI DAY</b> 🍝 <u>Breakfast</u> Southern Chicken Biscuit Mixed Fruit <u>Lunch</u> Roasted Chicken *Spaghetti Bar ✓ 🌿 Garlic Flatbread Seasoned Carrots ✓ Steamed Broccoli ✓ Applesauce Cup	05 <u>Breakfast</u> Sausage, Egg & Cheese Wakemuffin ✓ Diced Peaches <u>Lunch</u> Hamburger/Cheeseburger Crispy Grilled Cheese Sandwich ✓ Potato Tots ✓ Baked Beans ✓ Diced Pears	06 <u>Breakfast</u> Vanilla Yogurt & Fruit Parfait ✓ Mixed Fruit <u>Lunch</u> Chicken Filet Sandwich Baked Crinkle Cut Fries ✓ Fresh Tossed Salad ✓ 100% Apple Juice
09 <u>Breakfast</u> 🌿Pancakes 100% Fruit Blend Juice <u>Brunch for Lunch</u> Monte Cristo Waffle Sandwich Egg & Cheese Wakemuffin ✓ Creamy Garlic Spinach ✓ Quick Pickled Cucumbers ✓ Diced Peaches	10 <u>Breakfast</u> Scrambled Eggs & English Muffin ✓ Diced Peaches <u>Lunch</u> Chicken Enchilada Empanada Bean & Cheese Dip with Chips ✓ Buttered Corn ✓ Salsa ✓ Mixed Fruit	11 <u>Breakfast</u> Southern Chicken Biscuit Mixed Fruit <u>Lunch</u> Salsa Burger 🍷 Morningstar Plant Based Burger ✓ Baked Potato Tots ✓ Baked Beans ✓ Diced Pears	12 <u>Breakfast</u> Cheesy Grits & Scrambled Eggs Bowl ✓ Mixed Fruit <u>Lunch</u> Pepperoni Stuffed Sandwich Spicy Chicken Gyro Fresh Baby Carrots ✓ Fresh Cucumber Sticks with Dip ✓ 100% Apple Juice	13 <u>Breakfast</u> Vanilla Yogurt & Fruit Parfait ✓ Applesauce Cup <u>Lunch</u> Chicken Filet Sandwich Baked Sweet Potato Fries ✓ Fresh Tossed Salad ✓ Mixed Fruit
16 <b>MARTIN LUTHER KING JR. DAY</b> 	17 <u>Breakfast</u> Egg & Cheese Wakemuffin ✓ Applesauce Cup <u>Lunch</u> Chicken Taquitos with Queso Dip Plant Based 3 Bean Chili ✓ 🌿 Tortilla Chips Buttered Corn ✓ Salsa ✓ Mixed Fruit	18 <u>Breakfast</u> 🌿 Jumbo Waffles ✓ Diced Peaches <u>Lunch</u> Hot Dog Morningstar Plant Based Burger ✓ Potato Tots ✓ Baked Beans ✓ Diced Pears	19 <u>Breakfast</u> Vanilla Yogurt & Fruit Parfait ✓ Diced Pears <u>Lunch</u> Baked Chicken Bites Pasta Primavera ✓ 🌿 Dinner Roll Fresh Baby Carrots ✓ Spinach Salad ✓ 100% Apple Juice	20 <b>NATIONAL CHEESE LOVERS' DAY</b> 🧀 <u>Breakfast</u> Cheesy Grits & Scrambled Eggs Bowl ✓ Mixed Fruit <u>Lunch</u> Chicken Filet Sandwich Cheesy Tots ✓ Fresh Tossed Salad ✓ Diced Peaches
23 <u>Breakfast</u> Sausage Biscuit 100% Apple Juice <u>Lunch</u> BBQ Chicken Drumstick Cheesy Broccoli Rice Bake ✓ Fresh Baked Biscuit Savory Green Beans ✓ Steamed Broccoli ✓ Applesauce	24 <b>NATIONAL PEANUT BUTTER DAY</b> 🥜 <u>Breakfast</u> Peanut Butter & Jelly Parfait ✓ Applesauce Cup <u>Lunch</u> Beef Nachos Queso & Chips ✓ Spicy Black Beans ✓ Salsa ✓ Diced Peaches	25 <u>Breakfast</u> Southern Chicken Biscuit Mixed Fruit <u>Lunch</u> Roasted Chicken Rotini with Meat Sauce or Marinara ✓ 🌿 Garlic Flatbread Fresh Baby Carrots ✓ Spinach Salad ✓ Applesauce Cup	26 <u>Breakfast</u> Sausage, Egg & Cheese Wakemuffin ✓ Diced Peaches <u>Lunch</u> Hamburger/Cheeseburger Crispy Grilled Cheese Sandwich ✓ Baked Crinkle Cut Fries ✓ Baked Beans ✓ 100% Apple Juice	27 <u>Breakfast</u> Donut Day! Mixed Fruit <u>Lunch</u> Chicken Filet Sandwich 🍷 Fresh Roasted Fingerling Potatoes ✓ Fresh Tossed Salad ✓ Cool Tropics 100% Juice Slushie
30 <u>Breakfast</u> 🌿Pancakes 100% Fruit Blend Juice <u>Lunch</u> Managers Choice Entrée Grains Vegetables (2) Fruit (2)	31 <u>Breakfast</u> Scrambled Eggs & English Muffin ✓ Diced Peaches <u>Lunch</u> Chicken Enchilada Empanada Bean & Cheese Dip with Chips ✓ 🌿 Tortilla Chips Buttered Corn ✓ Salsa ✓ Mixed Fruit			*Spaghetti Bar: Choice of meat sauce, marinara, or garlic alfredo. Toppings include grilled chicken, broccoli & fresh tomatoes.

**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 • 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.

 Fresh and often LOCAL produce

 Whole Grain

"V" Symbolizes the daily vegetarian options

 - Tell us what you think!