







January 2023 | MENU
K-5
Wake County Public School
System
Breakfast & Lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>02</p>  <p>Breakfast Pancakes 100% Fruit Blend Juice</p> <p>Lunch Monte Cristo Waffle Sandwich Egg & Cheese Wakemuffin Creamy Garlic Spinach Quick Pickled Cucumbers Diced Peaches</p>	<p>03</p> <p>Breakfast Vanilla Yogurt & Fruit Parfait 100% Apple Juice</p> <p>Lunch Beef Walking Tacos Queso & Chips Spicy Black Beans Salsa Diced Peaches</p>	<p>04 NATIONAL SPAGHETTI DAY</p> <p>Breakfast Southern Chicken Biscuit Mixed Fruit</p> <p>Lunch Roasted Chicken *Spaghetti Bar Garlic Flatbread Seasoned Carrots Steamed Broccoli Applesauce Cup</p>	<p>05</p> <p>Breakfast Sausage, Egg & Cheese Wakemuffin Diced Peaches</p> <p>Lunch Hamburger/Cheeseburger Crispy Grilled Cheese Sandwich Potato Tots Baked Beans Diced Peas</p>	<p>06</p> <p>Breakfast Vanilla Yogurt & Fruit Parfait Mixed Fruit</p> <p>Lunch Pizza Day! <i>V available</i> Baked Crinkle Cut Fries Fresh Tossed Salad 100% Apple Juice</p>
<p>09</p> <p>Breakfast Pancakes 100% Fruit Blend Juice</p> <p>Brunch for Lunch Monte Cristo Waffle Sandwich Egg & Cheese Wakemuffin Creamy Garlic Spinach Quick Pickled Cucumbers Diced Peaches</p> 	<p>10</p> <p>Breakfast Scrambled Eggs & English Muffin Diced Peaches</p> <p>Lunch Chicken Enchilada Empanada Bean & Cheese Dip with Chips Buttered Corn Salsa Mixed Fruit</p>	<p>11</p> <p>Breakfast Southern Chicken Biscuit Mixed Fruit</p> <p>Lunch Salsa Burger Morningstar Plant Based Burger Baked Potato Tots Baked Beans Diced Peas</p> 	<p>12</p> <p>Breakfast Cheesy Grits & Scrambled Eggs Bowl Mixed Fruit</p> <p>Lunch Pepperoni Stuffed Sandwich Spicy Chicken Gyro Baked Potato Tots Fresh Baby Carrots Fresh Cucumber Sticks with Dip 100% Apple Juice</p>	<p>13</p> <p>Breakfast Vanilla Yogurt & Fruit Parfait Applesauce Cup</p> <p>Lunch Pizza Day! <i>V available</i> Baked Sweet Potato Fries Fresh Tossed Salad Mixed Fruit</p>
<p>16 MARTIN LUTHER KING JR. DAY</p> 	<p>17</p> <p>Breakfast Egg & Cheese Wakemuffin Applesauce Cup</p> <p>Lunch Chicken Taquitos with Queso Dip Plant Based 3 Bean Chili Tortilla Chips Buttered Corn Salsa Mixed Fruit</p>	<p>18</p> <p>Breakfast Jumbo Waffles Diced Peaches</p> <p>Lunch Hot Dog Morningstar Plant Based Burger Potato Tots Baked Beans Diced Peas</p>	<p>19</p> <p>Breakfast Vanilla Yogurt & Fruit Parfait Diced Peas</p> <p>Lunch Baked Chicken Bites Pasta Primavera Dinner Roll Fresh Baby Carrots Spinach Salad 100% Apple Juice</p>	<p>20 NATIONAL CHEESE LOVERS' DAY</p> <p>Breakfast Cheesy Grits & Scrambled Eggs Bowl Mixed Fruit</p> <p>Lunch Pizza Day! <i>V available</i> Cheesy Tots Fresh Tossed Salad Diced Peaches</p> 
<p>23</p> <p>Breakfast Sausage Biscuit 100% Apple Juice</p> <p>Lunch Crispy Chicken Sandwich Cheesy Broccoli Rice Bake Fresh Baked Dinner Roll Savory Green Beans Steamed Broccoli Applesauce</p>	<p>24 NATIONAL PEANUT BUTTER DAY</p> <p>Breakfast Peanut Butter & Jelly Parfait Applesauce Cup</p> <p>Lunch Beef Nachos Queso & Chips Spicy Black Beans Salsa Diced Peaches</p> 	<p>25</p> <p>Breakfast Southern Chicken Biscuit Mixed Fruit</p> <p>Lunch Roasted Chicken Rotini with Meat Sauce or Marinara Garlic Flatbread Fresh Baby Carrots Spinach Salad Applesauce Cup</p>	<p>26</p> <p>Breakfast Sausage, Egg & Cheese Wakemuffin Diced Peaches</p> <p>Lunch Hamburger/Cheeseburger Crispy Grilled Cheese Sandwich Baked Crinkle Cut Fries Baked Beans 100% Apple Juice</p>	<p>27</p> <p>Breakfast Donut Day! Mixed Fruit</p> <p>Lunch Pizza Day! <i>V available</i> Fresh Roasted Fingerling Potatoes Fresh Tossed Salad Cool Tropics 100% Juice Slushie</p>
<p>30</p> <p>Breakfast Pancakes 100% Fruit Blend Juice</p> <p>Lunch Managers Choice Entrée Grains Vegetables (2) Fruit</p>	<p>31</p> <p>Breakfast Scrambled Eggs & English Muffin Diced Peaches</p> <p>Lunch Chicken Enchilada Empanada Bean & Cheese Dip with Chips Tortilla Chips Buttered Corn Salsa Mixed Fruit</p>			<p>*Spaghetti Bar: Choice of meat sauce, marinara, or garlic alfredo. Toppings include grilled chicken, broccoli & fresh tomatoes.</p>

2022 K-5 Meal Prices:

Full Price Breakfast: \$1.50
Reduced Price Breakfast: Free, while funding is available
Full Price Lunch: \$3.00
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



Additional Lunch Options:

Yogurt Box • Fruit & Yogurt Parfait • Hummus Box
 • Chef Salads *V 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!