

July 2019 | MENU

Wake County Public School System

9-12 Breakfast & Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 No School	02 No School	03 No School	04 Independence Day 	05 No School
08 Breakfast Protein Packed Breakfast Boat Fruit Cup Lunch Pizza Crunchers V Beef Teriyaki Dippers Chicken Filet Sandwich Variety of Pizza V option available PB & J Sandwich V "Fried" Rice V Steamed Broccoli V Savory Green Beans V Fresh Fruit	09 Breakfast Turkey Sausage, Cheese Omelet & Toast Fresh Fruit Lunch Roasted Chicken Hamburger/Cheeseburger Crispy Chicken & Cheese Hoagie Variety of Pizza V option available PB & J Sandwich V Southern Biscuit Glazed Sweet Potatoes V Mixed Veggies V Fruit Cup	10 Breakfast Southern Chicken Filet Biscuit Fruit Cup Lunch Baked Chicken Tenders Spaghetti w/ Meat Sauce V option available Chicken Filet Sandwich Variety of Pizza V option available PB & J Sandwich V Texas Toast Creamy Garlic Spinach V Steamed Carrots V Fresh Fruit	11 Breakfast Breakfast Pizza Bagel Fresh Fruit Lunch Beef Nachos w/ Salsa V option available Grilled Honey BBQ Rib Sandwich Crispy Chicken & Cheese Hoagie Variety of Pizza V option available PB & J Sandwich V Spicy Black Beans V Fresh Tossed Salad V Fruit Cup	12 Breakfast Egg & Cheese on Ciabatta Fruit Cup Lunch Turkey Hot Dog w/ Chili Juicy Stuffed Burger Chicken Filet Sandwich Variety of Pizza V option available PB & J Sandwich V Crinkle Cut Sweet Potato Fries V Bush's Baked Beans V Fresh Fruit
15 Breakfast Turkey Sausage Biscuit Fruit Cup Lunch Pizza Crunchers V Turkey Potpie Chicken Filet Sandwich Variety of Pizza V option available PB & J Sandwich V Marinara Sauce V Steamed Broccoli V Baby Carrots & Dip V Fresh Fruit	16 Breakfast Huevos Rancheros Fresh Fruit Lunch Roasted Chicken Crispy Chicken & Cheese Hoagie Variety of Pizza V option available PB & J Sandwich V Southern Biscuit Glazed Sweet Potatoes V Mixed Veggies V Fruit Cup	17 Breakfast Cheese Omelet Sandwich Fruit Cup Lunch Baked Chicken Tenders Baked Lasagna V option available Chicken Filet Sandwich Variety of Pizza V option available PB & J Sandwich V Texas Toast Fresh Tossed Salad V Steamed Carrots V Fresh Fruit	18 Breakfast Scrambled Eggs, Turkey Sausage & Hash Browns Fresh Fruit Lunch Beef Nachos w/ Salsa V option available Chicken Quesadilla Crispy Chicken & Cheese Hoagie Variety of Pizza V option available PB & J Sandwich V Spicy Pinto Beans V Buttered Corn V Fruit Cup	19 Breakfast Southern Chicken Filet Biscuit Fruit Cup Lunch Hot Dog w/ Chili Juicy Stuffed Burger Chicken Filet Sandwich Variety of Pizza V option available PB & J Sandwich V Savory Green Beans V Sweet Potato Crinkle Fries V Fresh Fruit
22 Breakfast Glazed French Toast Sticks Fruit Cup Lunch Pizza Crunchers V Pork BBQ Sandwich Chicken Filet Sandwich Variety of Pizza V option available PB & J Sandwich V Marinara Sauce V Steamed Broccoli V Mixed Veggies V Fresh Fruit	23 Breakfast Breakfast Burrito Fresh Fruit Lunch Roasted Chicken Salisbury Steak Crispy Chicken & Cheese Hoagie Variety of Pizza V option available PB & J Sandwich V Southern Biscuit Wake Rounds V Fresh Tossed Salad V Fruit Cup	24 Breakfast Southern Cheese Omelet Biscuit Fruit Cup Lunch Baked Chicken Tenders Macaroni & Cheese V Chicken Filet Sandwich Variety of Pizza V option available PB & J Sandwich V WG Dinner Roll Garlic Sautéed Spinach V Steamed Carrots V Fresh Fruit	25 Breakfast Broccoli & Cheese Quiche Fresh Fruit Lunch Beef Nachos w/ Salsa V option available Three Cheese Calzone V Crispy Chicken & Cheese Hoagie Variety of Pizza V option available PB & J Sandwich V Spicy Black Beans V Buttered Corn V Fruit Cup	26 Breakfast Turkey Sausage Biscuit Fruit Cup Lunch Hot Dog w/ Chili Juicy Stuffed Burger Chicken Filet Sandwich Variety of Pizza V option available PB & J Sandwich V Creamy Coleslaw Savory Sweet Potato Wedges Fresh Fruit
29 Breakfast Protein Packed Breakfast Boat Fruit Cup Lunch Pizza Crunchers V Grilled Honey BBQ Rib Sandwich Chicken Filet Sandwich Variety of Pizza V option available PB & J Sandwich V Marinara Sauce V Steamed Broccoli V Savory Green Beans V Fresh Fruit	30 Breakfast Turkey Sausage, Cheese Omelet & Toast Fresh Fruit Lunch Roasted Chicken Hamburger/Cheeseburger Crispy Chicken & Cheese Hoagie Variety of Pizza V option available PB & J Sandwich V Southern Biscuit Glazed Sweet Potatoes V Mixed Veggies V Fruit Cup	31 Breakfast Southern Chicken Filet Biscuit Fruit Cup Lunch Baked Chicken Tenders Spaghetti w/ Meat Sauce V option available Chicken Filet Sandwich Variety of Pizza V option available PB & J Sandwich V Texas Toast Creamy Garlic Spinach V Steamed Carrots V Fresh Fruit		

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 • 100% Fruit Juice

Additional Breakfast Options • Variety of Cereals w/ Mozzarella Stick V • Breakfast Box V • Pop-tart V

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 entree option

Daily Lunch Items: • Assorted Milk • Entree Salad V
• Smucker's PB&J Sandwich

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.

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



Child Nutrition Services

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