


July 2019 | MENU

Wake County Public School System

K-5 Breakfast & Lunch Menu



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

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

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K-5 Paid Meal Prices:
Breakfast: \$1.25
Lunch: \$2.75
Adults: A la Carte Pricing

K-5 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 ✓ • Breakfast Box ✓ • Pop-tart ✓

Lunch includes a choice of: Entrée with grain/bread, 1-2 vegetables, 1-2 fruits & milk. Students must select a fruit and/or vegetable.

✓ Symbolizes the daily vegetarian entree option

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

Additional Lunch Options:
• Yogurt Box ✓ • Mozzarella String Cheese Box ✓ • Fruit Parfait ✓
• Hummus Box ✓ • Peanut Butter Box ✓ • Ants on a Log Box ✓

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.



Child Nutrition Services