

July 2021 | MENU

Wake County Public School System Breakfast & Lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			01 <u>Breakfast</u> Cheese Omelet WG Biscuit ✓ Assorted Fruit <u>Lunch</u> Spaghetti & Meat Sauce WG Dinner Roll ✓ WG PB & J Sandwich ✓ Savory Green Beans ✓ Buttered Corn ✓ Assorted Fruit	02 <u>Breakfast</u> WG Cereal ✓ Assorted Fruit <u>Lunch</u> WG Baked Chicken Bites WG Dinner Roll ✓ WG PB & J Sandwich ✓ Savory Green Beans ✓ Glazed Sweet Potatoes ✓ Assorted Fruit
05 No School	06 <u>Breakfast</u> Yogurt & Graham Crackers ✓ Assorted Fruit <u>Lunch</u> Chili Cheese Totchos WG Tortilla Chips ✓ WG PB & J Sandwich ✓ Ranch Style Pinto Beans ✓ Salsa ✓ Assorted Fruit	07 <u>Breakfast</u> WG Breakfast Pizza Assorted Fruit <u>Lunch</u> WG Deli Turkey & Cheese Sandwich WG PB & J Sandwich ✓ Fresh Baby Carrots with Dip ✓ Baked Sweet Potato Fries ✓ Assorted Fruit	08 <u>Breakfast</u> Cheese Omelet WG Biscuit ✓ Assorted Fruit <u>Lunch</u> WG Macaroni & Cheese ✓ WG Dinner Roll ✓ WG PB & J Sandwich ✓ Steamed Broccoli ✓ Buttered Corn ✓ Assorted Fruit	09 <u>Breakfast</u> WG Cereal ✓ Assorted Fruit <u>Lunch</u> Brunch Omelet & WG Biscuit ✓ WG PB & J Sandwich ✓ Potato Tots ✓ Garlic Spinach ✓ Assorted Fruit
12 <u>Breakfast</u> WG Cereal ✓ Assorted Fruit <u>Lunch</u> General Tso's Chicken Brown Rice ✓ WG PB & J Sandwich ✓ California Blend Vegetables ✓ Steamed Broccoli ✓ Assorted Fruit	13 <u>Breakfast</u> WG Breakfast Pizza Assorted Fruit <u>Lunch</u> Beef & Cheese WG Nachos WG Tortilla Chips ✓ Spicy Pinto Beans ✓ Salsa ✓ Assorted Fruit	14 <u>Breakfast</u> Yogurt & Graham Crackers ✓ Assorted Fruit <u>Lunch</u> WG Grilled Cheese Sandwich ✓ WG PB & J Sandwich ✓ Garlic Spinach ✓ Fresh Baby Carrots with Dip ✓ Assorted Fruit	15 <u>Breakfast</u> Cheese Omelet WG Biscuit ✓ Assorted Fruit <u>Lunch</u> Spaghetti & Meat Sauce WG Dinner Roll ✓ WG PB & J Sandwich ✓ Savory Green Beans ✓ Buttered Corn ✓ Assorted Fruit	16 <u>Breakfast</u> WG Cereal ✓ Assorted Fruit <u>Lunch</u> WG Baked Chicken Bites WG Dinner Roll ✓ WG PB & J Sandwich ✓ Savory Green Beans ✓ Glazed Sweet Potatoes ✓ Assorted Fruit
19 <u>Breakfast</u> Scrambled Eggs with WG Toast ✓ Assorted Fruit <u>Lunch</u> Mandarin Glazed Chicken Brown Rice ✓ WG PB & J Sandwich ✓ California Blend Vegetables ✓ Steamed Broccoli ✓ Assorted Fruit	20 <u>Breakfast</u> Yogurt & Graham Crackers ✓ Assorted Fruit <u>Lunch</u> Chili Cheese Totchos WG Tortilla Chips ✓ WG PB & J Sandwich ✓ Ranch Style Pinto Beans ✓ Salsa ✓ Assorted Fruit	21 <u>Breakfast</u> WG Breakfast Pizza Assorted Fruit <u>Lunch</u> WG Deli Turkey & Cheese Sandwich WG PB & J Sandwich ✓ Fresh Baby Carrots with Dip ✓ Baked Sweet Potato Fries ✓ Assorted Fruit	22 <u>Breakfast</u> Cheese Omelet WG Biscuit ✓ Assorted Fruit <u>Lunch</u> WG Macaroni & Cheese ✓ WG Dinner Roll ✓ WG PB & J Sandwich ✓ Steamed Broccoli ✓ Buttered Corn ✓ Assorted Fruit	23 <u>Breakfast</u> WG Cereal ✓ Assorted Fruit <u>Lunch</u> Brunch Omelet & WG Biscuit ✓ WG PB & J Sandwich ✓ Potato Tots ✓ Garlic Spinach ✓ Assorted Fruit
26 <u>Breakfast</u> WG Cereal ✓ Assorted Fruit <u>Lunch</u> General Tso's Chicken Brown Rice ✓ WG PB & J Sandwich ✓ California Blend Vegetables ✓ Steamed Broccoli ✓ Assorted Fruit	27 <u>Breakfast</u> WG Breakfast Pizza Assorted Fruit <u>Lunch</u> Beef & Cheese WG Nachos WG PB & J Sandwich ✓ Spicy Pinto Beans ✓ Salsa ✓ Assorted Fruit	28 <u>Breakfast</u> Yogurt & Graham Crackers ✓ Assorted Fruit <u>Lunch</u> WG Grilled Cheese Sandwich ✓ WG PB & J Sandwich ✓ Garlic Spinach ✓ Fresh Baby Carrots with Dip ✓ Assorted Fruit	29 <u>Breakfast</u> Cheese Omelet Biscuit ✓ Assorted Fruit <u>Lunch</u> Spaghetti & Meat Sauce WG Dinner Roll ✓ WG PB & J Sandwich ✓ Savory Green Beans ✓ Buttered Corn ✓ Assorted Fruit	30 <u>Breakfast</u> WG Cereal ✓ Assorted Fruit <u>Lunch</u> Baked Chicken Bites WG Dinner Roll ✓ WG PB & J Sandwich ✓ Savory Green Beans ✓ Glazed Sweet Potatoes ✓ Assorted Fruit

- Fat Free Unflavored or Fat Free Chocolate Milk included with breakfast & lunch
- Menu options subject to change due to product availability.

V = Vegetarian Item