

March 2020 | MENU

Wake County Public School System

9-12 Breakfast & Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 Nat'l School Breakfast Week Breakfast- Dr. Seuss Day Sam I Am Green Eggs & Ham Techie Tots Admiral "Sir Crunch" Apple Lunch Mandarin Chicken over Chow Mein Chicken Filet Sandwich Variety of Pizza <i>V option available</i> Szechuan Broccoli <i>V</i> Baby Carrots with Dip <i>V</i> Baked Spiral Cut French Fries <i>V</i> Applesauce	03 Nat'l School Breakfast Week Breakfast Breakfast Taco Bar with Fresh Avocado Fresh Oranges Lunch Hamburger/Cheeseburger Chicken Salad on Fresh Baked Roll Chicken Filet Sandwich Variety of Pizza <i>V option available</i> Fresh Cucumber Salad <i>V</i> Mixed Veggies <i>V</i> Baked Crinkle Cut French Fries <i>V</i> Mixed Fruit	04 Nat'l School Breakfast Week Breakfast Sergeant Wired Waffle Bar <i>V</i> Strawberries Lunch Baked Lasagna <i>V</i> Chicken Filet Sandwich Variety of Pizza <i>V option available</i> WG Texas Toast Fresh Spinach Salad <i>V</i> Steamed Carrots <i>V</i> Baked Waffle Cut French Fries <i>V</i> Diced Peaches	05 Nat'l School Breakfast Week Breakfast Freshly Baked Blueberry Muffin Top with High-Tech Blueberry Yogurt Dip <i>V</i> Fresh Blueberry Bots Lunch Burrito Bowl <i>V</i> Chicken Fajitas Chicken Filet Sandwich Variety of Pizza <i>V option available</i> Salsa <i>V</i> Spicy Pinto Beans <i>V</i> Shredded Lettuce & Tomato <i>V</i> Baked Potato Tots <i>V</i> Applesauce	06 Nat'l School Breakfast Week Breakfast Warm Cinnamon Bun Fresh Pear Lunch Turkey Hot Dog with Chili Crispy Fish Nuggets with Hushpuppies Chicken Filet Sandwich Variety of Pizza <i>V option available</i> Creamy Coleslaw <i>V</i> Baked Sweet Potato French Fries <i>V</i> Mixed Fruit
09 Breakfast Turkey Sausage Biscuit Diced Peaches Lunch Cheese <i>V/Pepperoni</i> Pizza General Tso's Chicken Chicken Filet Sandwich Variety of Pizza <i>V option available</i> "Fried" Rice <i>V</i> Steamed Broccoli <i>V</i> Asian Style Stir Fry Veggies <i>V</i> Baked Spiral Cut French Fries <i>V</i> Mixed Fruit	10 Breakfast Breakfast Flatbread Mixed Fruit Lunch Hamburger/Cheeseburger Chicken & Waffles Chicken Filet Sandwich Variety of Pizza <i>V option available</i> Buttered Spring Squash <i>V</i> Baked Crinkle Cut French Fries <i>V</i> Diced Peaches	11 Breakfast Bacon, Egg & Cheese Biscuit Mixed Fruit Lunch Macaroni & Cheese <i>V</i> Chicken Filet Sandwich Variety of Pizza <i>V option available</i> WG Dinner Roll Baby Carrots with Dip <i>V</i> Mixed Veggies <i>V</i> Baked Waffle Cut French Fries <i>V</i> Applesauce	12 Breakfast Glazed French Toast Sticks <i>V</i> Diced Peaches Lunch Fiesta Chicken Bowl Spicy Bean & Cheese Enchiladas <i>V</i> Chicken Filet Sandwich Variety of Pizza <i>V option available</i> Salsa <i>V</i> Spicy Black Beans <i>V</i> Baked Potato Tots <i>V</i> Mixed Fruit	13 Breakfast *Breakfast Banana Split <i>V</i> Mixed Fruit Lunch Turkey Hot Dog with Chili Seaside Fish Sandwich Chicken Filet Sandwich Variety of Pizza <i>V option available</i> Fresh Sliced Cucumbers <i>V</i> Baked Sweet Potato French Fries <i>V</i> Diced Peaches
16 Breakfast Canadian Bacon, Egg & Cheese on Ciabatta Mixed Fruit Lunch Cheese <i>V/Pepperoni</i> Pizza Sriracha Honey Chicken W/ Chow Mein Chicken Filet Sandwich Variety of Pizza <i>V option available</i> Steamed Broccoli <i>V</i> Ginger Glazed Carrots <i>V</i> Baked Spiral Cut French Fries <i>V</i> Diced Peaches	17 Breakfast Country Omelet with Turkey Sausage & Toast Diced Peaches Lunch Hamburger/Cheeseburger Turkey Pot Pie Chicken Filet Sandwich Variety of Pizza <i>V option available</i> Southern Biscuit Glazed Sweet Potatoes <i>V</i> Fresh Tossed Salad <i>V</i> Baked Crinkle Cut French Fries <i>V</i> Mixed Fruit	18 Breakfast Bacon, Egg & Cheese Biscuit Mixed Fruit Lunch Wild Mike's Cheese Bites <i>V</i> Chicken Filet Sandwich Variety of Pizza <i>V option available</i> Marinara <i>V</i> Garlic Green Beans <i>V</i> Baked Waffle Cut French Fries <i>V</i> Applesauce	19 Breakfast Jumbo Waffle with Turkey Sausage Applesauce Lunch Buffalo Chicken Nachos Mini Chicken & Cheese Quesadillas Chicken Filet Sandwich Variety of Pizza <i>V option available</i> Salsa <i>V</i> Spicy Black Beans <i>V</i> Baked Potato Tots <i>V</i> Mixed Fruit	20 Breakfast Southern Chicken Filet Biscuit Mixed Fruit Lunch Turkey Hot Dog with Chili Crispy Fish Nuggets with Hushpuppies Chicken Filet Sandwich Variety of Pizza <i>V option available</i> Baby Carrots w/ Dip <i>V</i> Baked Sweet Potato French Fries <i>V</i> Diced Peaches
23 Breakfast Bacon, Egg & Cheese Biscuit Diced Peaches Lunch Cheese <i>V/Pepperoni</i> Pizza Mandarin Chicken over Chow Mein Chicken Filet Sandwich Variety of Pizza <i>V option available</i> Szechuan Broccoli <i>V</i> Baby Carrots with Dip <i>V</i> Baked Spiral Cut French Fries <i>V</i> Applesauce	24 Breakfast Sunrise Breakfast Parfait <i>V</i> Applesauce Lunch Hamburger/Cheeseburger Chicken Salad on Fresh Baked Roll Chicken Filet Sandwich Variety of Pizza <i>V option available</i> Fresh Cucumber Salad <i>V</i> Mixed Veggies <i>V</i> Baked Crinkle Cut French Fries <i>V</i> Mixed Fruit	25 Breakfast Southern Chicken Filet Biscuit Mixed Fruit Lunch Baked Lasagna <i>V</i> Chicken Filet Sandwich Variety of Pizza <i>V option available</i> WG Texas Toast Fresh Spinach Salad <i>V</i> Steamed Carrots <i>V</i> Baked Waffle Cut French Fries <i>V</i> Diced Peaches	26 Breakfast Wake Breakfast Platter Diced Peaches Lunch Burrito Bowl <i>V</i> Chicken Fajitas Chicken Filet Sandwich Variety of Pizza <i>V option available</i> Salsa <i>V</i> Spicy Pinto Beans <i>V</i> Shredded Lettuce & Tomato <i>V</i> Baked Potato Tots <i>V</i> Applesauce	27 Breakfast DONUT DAY! Applesauce Lunch Turkey Hot Dog with Chili Seaside Fish Sandwich Chicken Filet Sandwich Variety of Pizza <i>V option available</i> Creamy Coleslaw <i>V</i> Baked Sweet Potato French Fries <i>V</i> Mixed Fruit
30 Breakfast Turkey Sausage Biscuit Applesauce Lunch Cheese <i>V/Pepperoni</i> Pizza General Tso's Chicken "Fried" Rice <i>V</i> Chicken Filet Sandwich Variety of Pizza <i>V option available</i> Steamed Broccoli <i>V</i> Asian Style Stir Fry Veggies <i>V</i> Baked Spiral Cut French Fries <i>V</i> Mixed Fruit	31 Breakfast Breakfast Flatbread Mixed Fruit Lunch Hamburger/Cheeseburger Chicken & Waffles Chicken Filet Sandwich Variety of Pizza <i>V option available</i> Fresh Spinach Salad <i>V</i> Baked Crinkle Cut French Fries <i>V</i> Diced Peaches	School breakfast is out of this world and we're celebrating March 2-6! Did you know that eating school breakfast fuels learning? It's true! Students who eat school breakfast are more likely to: ✓ Reach higher levels of achievement in reading and math ✓ Score higher on standardized tests ✓ Have better concentration and memory ✓ Be more alert ✓ Maintain a healthy weight		



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

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 • Fresh Fruit • 100% Fruit Juice

Additional Breakfast Options: • Variety of Cereals *V* • Breakfast Box *V* • Pop-tart *V* • Protein Box

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 options

Daily Lunch Items: • Assorted Milk • Fresh Fruit • Entree Salad *V*
Option Available • PB&J Sandwich *V*

Additional Lunch Options:
 • Yogurt Box *V* • Cheese & Cracker Box *V* • Fruit Parfait *V* • Hummus Box *V* • Peanut Butter Box *V* • Ants on a Log Box *V*

Additional Vegetarian Lunch Options: • Spicy Black Bean Burger *V* • Cheese Nachos *V* • Grilled Veggie Panini *V* • Fried Rice *V* • Veggie Chow Mein *V* • Morning Star Chik'n Nuggets *V* • Pasta Primavera *V* • Veggie Chili *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.



Child Nutrition Services

*Breakfast Banana Split: Fresh banana, vanilla yogurt, mixed fruit & crunchy granola
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