


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>01</b> <b>Breakfast</b> Southern Turkey Sausage Biscuit PB&J Breakfast Sandwich ✓ Fruit Cup ✓ <b>Lunch</b> Mac-N-Cheese ✓ Baked Chicken Tenders Chicken Filet Sandwich Domino's Pizza ✓ <i>option available</i> WG Dinner Roll ✓ Steamed Carrots ✓ Steamed Broccoli ✓ Fresh Fruit ✓	<b>02</b> <b>Breakfast</b> Southern Cheese Omelet Biscuit ✓ PB&J Breakfast Sandwich ✓ Fresh Fruit ✓ <b>Lunch</b> Chicken Quesadilla Beef Nachos ✓ <i>option available</i> Chicken Filet Sandwich Domino's Pizza ✓ <i>option available</i> Spicy Pintos ✓ Fresh Tossed Salad ✓ Fruit Cup ✓	<b>03</b> <b>Breakfast</b> Turkey Bacon, Egg, & Cheese Sandwich PB&J Breakfast Sandwich ✓ Fruit Cup ✓ <b>Lunch</b> Turkey Hot Dog w/ Chili Fish Nuggets w/ Hushpuppies Chicken Filet Sandwich Domino's Pizza ✓ <i>option available</i> Crinkle Cut Sweet Potato Fries ✓ Bush's Baked Beans Fresh Fruit ✓
<b>06</b> <b>Breakfast</b> Protein Packed Breakfast Boat PB&J Breakfast Sandwich ✓ Fruit Cup ✓ <b>Lunch</b> Spaghetti w/ Meat Sauce ✓ <i>option available</i> Chicken Filet Sandwich Domino's Pizza ✓ <i>option available</i> Texas Toast ✓ Steamed Broccoli ✓ Savory Green Beans ✓ Fresh Fruit ✓	<b>07</b> <b>Breakfast</b> Scrambled Eggs & Toast ✓ PB&J Breakfast Sandwich ✓ Fresh Fruit ✓ <b>Lunch</b> Roasted Chicken Cheeseburger Hoagie Chicken Filet Sandwich Domino's Pizza ✓ <i>option available</i> Southern Biscuit ✓ Glazed Sweet Potatoes ✓ Mixed Veggies ✓ Fruit Cup ✓	<b>08</b> <b>Breakfast</b> Southern Chicken Filet Biscuit PB&J Breakfast Sandwich ✓ Fruit Cup ✓ <b>Lunch</b> Pizza Crunchers ✓ Baked Chicken Tenders Chicken Filet Sandwich Domino's Pizza ✓ <i>option available</i> Texas Toast ✓ Southern Biscuit ✓ Spicy Pintos ✓ Mixed Veggies ✓ Fruit Cup ✓	<b>09</b> <b>Breakfast</b> Breakfast Pizza Bagel PB&J Breakfast Sandwich ✓ Fresh Fruit ✓ <b>Lunch</b> Turkey Pot Pie Beef Nachos ✓ <i>option available</i> Chicken Filet Sandwich Domino's Pizza ✓ <i>option available</i> Southern Biscuit ✓ Spicy Pintos ✓ Mixed Veggies ✓ Fruit Cup ✓	<b>10</b> <b>Breakfast</b> Egg & Cheese Breakfast Sandwich ✓ PB&J Breakfast Sandwich ✓ Fruit Cup ✓ <b>Lunch</b> Turkey Hot Dog w/ Chili Seaside Fish Sandwich Chicken Filet Sandwich Domino's Pizza ✓ <i>option available</i> Savory Green Beans ✓ Seasoned Fries ✓ Fresh Fruit ✓
<b>13</b> <b>Breakfast</b> Turkey Sausage Biscuit PB&J Breakfast Sandwich ✓ Fruit Cup ✓ <b>Lunch</b> Hamburger / Cheeseburger w/ Chili Chicken Filet Sandwich Vegetable Soup ✓ Fresh Tossed Salad ✓ Fresh Fruit ✓	<b>14</b> <b>Breakfast</b> Breakfast Burrito ✓ PB&J Breakfast Sandwich ✓ Fresh Fruit ✓ <b>Brunch for Lunch Day!</b> Chicken (tenders) & Waffles w/ Syrup Glazed French Toast Sticks ✓ Chicken Filet Sandwich Wake Rounds ✓ Mixed Veggies ✓ Fruit Cup ✓	<b>15</b> <b>Breakfast</b> Southern Chicken Filet Biscuit PB&J Breakfast Sandwich ✓ Fruit Cup ✓ <b>Lunch</b> Baked Lasagna ✓ <i>option available</i> Baked Chicken Tenders Chicken Filet Sandwich Texas Toast ✓ Garlic Sautéed Spinach ✓ Straight Cut Fries ✓ Fresh Fruit ✓	<b>16</b> <b>Breakfast</b> Breakfast Pizza Bagel PB&J Breakfast Sandwich ✓ Fresh Fruit ✓ <b>Lunch</b> Grilled Honey BBQ Rib Sandwich Beef Nachos ✓ <i>option available</i> Chicken Filet Sandwich Black Beans ✓ Steamed Broccoli ✓ Fruit Cup ✓	<b>17</b> <b>Breakfast</b> Turkey Bacon, Egg, & Cheese on Ciabatta PB&J Breakfast Sandwich ✓ Fruit Cup ✓ <b>Lunch</b> Turkey Hot Dog w/ Chili Seaside Fish Sandwich Chicken Filet Sandwich Savory Green Beans ✓ Savory Sweet Potato Wedges ✓ Fresh Fruit ✓
<b>20</b> <b>Breakfast</b> Glazed French Toast Sticks ✓ PB&J Breakfast Sandwich ✓ Fruit Cup ✓ <b>Lunch</b> Baked Lasagna ✓ <i>option available</i> Chicken Filet Sandwich Texas Toast ✓ Buttered Corn ✓ Mixed Veggies ✓ Fresh Fruit ✓	<b>21</b> <b>Breakfast</b> Broccoli & Cheese Quiche ✓ PB&J Breakfast Sandwich ✓ Fresh Fruit ✓ <b>Lunch</b> Teriyaki Beef Dippers Hamburger / Cheeseburger Chicken Filet Sandwich WG Dinner Roll ✓ "Fried" Rice ✓ Green Beans ✓ Szechuan Broccoli Fruit Cup ✓	<b>22</b> <b>Breakfast</b> Southern Turkey Sausage Biscuit PB&J Breakfast Sandwich ✓ Fruit Cup ✓ <b>Lunch</b> Mac-N-Cheese ✓ Baked Chicken Tenders Chicken Filet Sandwich WG Dinner Roll ✓ Steamed Carrots ✓ Steamed Broccoli ✓ Fresh Fruit ✓	<b>23</b> <b>Breakfast</b> Southern Cheese Omelet Biscuit ✓ PB&J Breakfast Sandwich ✓ Fresh Fruit ✓ <b>Lunch</b> Chicken Quesadilla Beef Nachos ✓ <i>option available</i> Chicken Filet Sandwich Spicy Pintos ✓ Fresh Tossed Salad ✓ Fruit Cup ✓	<b>24</b> <b>Breakfast</b> Turkey Bacon, Egg, & Cheese Sandwich PB&J Breakfast Sandwich ✓ Fruit Cup ✓ <b>Lunch</b> Turkey Hot Dog w/ Chili Fish Nuggets w/ Hushpuppies Chicken Filet Sandwich Crinkle Cut Sweet Potato Fries ✓ Bush's Baked Beans Fresh Fruit ✓
<b>27</b> <b>No School</b>  	<b>28</b> <b>Breakfast</b> Scrambled Eggs & Toast ✓ PB&J Breakfast Sandwich ✓ Fresh Fruit ✓ <b>Lunch</b> Roasted Chicken Cheeseburger Hoagie Chicken Filet Sandwich Southern Biscuit ✓ Glazed Sweet Potatoes ✓ Mixed Veggies ✓ Fruit Cup ✓	<b>29</b> <b>Breakfast</b> Southern Chicken Filet Biscuit PB&J Breakfast Sandwich ✓ Fruit Cup ✓ <b>Lunch</b> Pizza Crunchers ✓ Baked Chicken Tenders Chicken Filet Sandwich Texas Toast ✓ Fresh Tossed Salad ✓ Steamed Carrots ✓ Fresh Fruit ✓	<b>30</b> <b>Breakfast</b> Breakfast Pizza Bagel PB&J Breakfast Sandwich ✓ Fresh Fruit ✓ <b>Lunch</b> Turkey Pot Pie Beef Nachos ✓ <i>option available</i> Chicken Filet Sandwich Southern Biscuit ✓ Spicy Pintos ✓ Mixed Veggies ✓ Fruit Cup ✓	<b>31</b> <b>Breakfast</b> Egg & Cheese Breakfast Sandwich ✓ PB&J Breakfast Sandwich ✓ Fruit Cup ✓ <b>Lunch</b> Turkey Hot Dog w/ Chili Seaside Fish Sandwich Chicken Filet Sandwich Savory Green Beans ✓ Seasoned Fries ✓ Fresh Fruit ✓

# May 2019 | MENU

## Wake County Public School System

### 9-12 Breakfast & Lunch Menu

**9-12 Paid Meal Prices:**  
 Breakfast: \$1.50  
 Lunch: \$2.80  
 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  
 • 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/juice and/or vegetable.

✓ Symbolizes the daily vegetarian entree option

**Daily Lunch Items:** • Assorted Milk ✓ • Entrée Salad ✓ *option available* • Smucker's PB&J Sandwich ✓ • 100% Fresh Fruit Juice ✓

**Additional Lunch Options:** • Fruit Parfait ✓ • Hummus Box ✓ • Spicy Black Bean Burger ✓

**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>

