

May 2019 | MENU

Wake County Public School System

6-8 Breakfast & Lunch Menu

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

6-8 Paid Meal Prices:

Breakfast: \$1.50
 Lunch: \$2.80
 Adults: A la Carte Pricing

6-8 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 ✓ • Entree Salad ✓ *option available* • Smucker's PB&J Sandwich ✓ • 100% Fresh Fruit Juice ✓

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



Child Nutrition Services