

May 2019 | MENU

Wake County Public School System

K-5 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 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> 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 Grilled Cheese Sandwich ✓ 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 (vegetarian option available) Texas Toast ✓ Cheese ✓ / Pepperoni Pizza PB&J Sandwich ✓ Steamed Broccoli ✓ Savory Green Beans ✓ Fresh Fruit ✓	07 Breakfast Scrambled Eggs & Toast ✓ PB&J Breakfast Sandwich ✓ Fresh Fruit ✓ Lunch Roasted Chicken Cheeseburger Hoagie 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 PB&J Sandwich ✓ Texas Toast ✓ Glazed Sweet Potatoes ✓ Steamed Carrots ✓ Fresh Fruit ✓	09 Breakfast Breakfast Pizza Bagel PB&J Breakfast Sandwich ✓ Fresh Fruit ✓ Lunch Turkey Pot Pie Beef Nachos ✓ <i>option available</i> 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 Grilled Cheese Sandwich ✓ 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 PB&J Sandwich ✓ Vegetable Soup ✓ Fresh Tossed Salad ✓ Fresh Fruit ✓	14 Breakfast Breakfast Burrito ✓ PB&J Breakfast Sandwich ✓ Fruit Cup ✓ Brunch for Lunch Day! Chicken (tenders) & Waffles w/ Syrup Glazed French Toast Sticks ✓ 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 PB&J Sandwich ✓ Texas Toast ✓ Garlic Sautéed Spinach ✓ Straight Cut Fries ✓ Fresh Fruit ✓	16 Breakfast Breakfast Pizza Bagel PB&J Breakfast Sandwich ✓ Fresh Fruit ✓ Lunch Grilled Honey BBQ Rib Sandwich Beef Nachos ✓ <i>option available</i> 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 Grilled Cheese Sandwich ✓ 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 PB&J Sandwich ✓ Mixed Veggies ✓ Buttered Corn ✓ Fresh Fruit ✓	21 Breakfast Broccoli & Cheese Quiche ✓ PB&J Breakfast Sandwich ✓ Fruit Cup ✓ Lunch Teriyaki Beef Dippers Hamburger / Cheeseburger Grilled Cheese Sandwich ✓ "Fried" Rice ✓ 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 PB&J Sandwich ✓ WG Dinner Roll ✓ Steamed Carrots ✓ Steamed Broccoli ✓ Fresh Fruit ✓	23 Breakfast Southern Cheese Omelet Biscuit ✓ PB&J Breakfast Sandwich ✓ Fresh Fruit ✓ Lunch Chicken Quesadilla Beef Nachos ✓ <i>option available</i> PB&J Sandwich ✓ WG Dinner Roll ✓ 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 Grilled Cheese Sandwich ✓ 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 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 PB&J Sandwich ✓ Texas Toast ✓ Fresh Tossed Salad ✓ Steamed Carrots ✓ Fresh Fruit ✓	30 Breakfast Breakfast Pizza Bagel PB&J Breakfast Sandwich ✓ Fresh Fruit ✓ Lunch Turkey Pot Pie Beef Nachos ✓ <i>option available</i> PB&J 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 Grilled Cheese Sandwich ✓ Savory Green Beans ✓ Seasoned Fries ✓ Fresh Fruit ✓

K-5 Paid Meal Prices:
 Breakfast: \$1.25
 Lunch: \$2.55
 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 ✓ *option available* • 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.

