


**May 2022| MENU**  
**9-12**  
Wake County Public School  
System  
**Breakfast & Lunch**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>02  <u>Breakfast</u>  Southern Chicken Biscuit  Fruit  <u>Lunch</u>  Hamburger/Cheeseburger on WG Bun  Baked Potato Tots ✓  Fresh Baby Carrots ✓  Fruit</p>	<p>03  <u>Breakfast</u>  WG Egg &amp; Cheese Biscuit ✓  Fruit  <u>Lunch</u>  Grilled Chicken Soft Tacos  Pinto Beans ✓  Salsa ✓  Fruit</p>	<p>04  <u>Breakfast</u>  Breakfast Protein Box  Fruit  <u>Lunch</u>  Chicken Filet Sandwich  Waffle Fries ✓  Garlic Sautéed Spinach ✓  Fruit</p>	<p>05  <u>Breakfast</u>  WG Breakfast Pork Sausage Pizza  Fruit  <u>Lunch</u>  Oven Roasted Chicken  WG Dinner Roll  Glazed Sweet Potatoes ✓  Garlic Green Beans ✓  Baked Apples</p>	<p>06  <u>Breakfast</u>  Vanilla Yogurt &amp; Fruit Parfait ✓  Cinnamon Toast ✓  Fruit  <u>Lunch</u>  WG Grilled Cheese ✓  Fresh Tossed Salad ✓  Baked Crinkle Cut Fries ✓  Fruit</p>
<p>09  <u>Breakfast</u>  Southern Cheddar Grits Breakfast Bowl ✓  Fruit  <u>Lunch</u>  Chicken Filet Sandwich  Savory Green Beans ✓  Fresh Baby Carrots ✓  Fruit</p>	<p>10  <u>Breakfast</u>  Vanilla Yogurt &amp; Fruit Parfait ✓  Cinnamon Toast ✓  Fruit  <u>Lunch</u>  Pork Carnitas with WG Soft Tortillas  Black Beans ✓  Salsa ✓  Fruit</p>	<p>11  <u>Breakfast</u>  WG Cheese Toast ✓  Fruit  <u>Lunch</u>  Hamburger/Cheeseburger on WG Bun  Baked Crinkle Cut Fries ✓  Cucumber Sticks with Dip ✓  Fruit</p>	<p>12  <u>Breakfast</u>  Southern Chicken Biscuit  Fruit  <u>Lunch</u>  Brunch Totchos ✓  WG Dinner Roll  Garlic Spinach ✓  Mixed Vegetable Medley ✓  Fruit</p>	<p>13  <u>Breakfast</u>  WG Egg &amp; Cheese Biscuit ✓  Fresh Blueberry Snack Pack  <u>Lunch</u>  Baked BBQ Chicken  Fresh Baked Biscuit  Baked Beans ✓  Fresh Baby Carrot Snack Pack  Fresh Strawberries</p>
<p>16  <u>Breakfast</u>  Cheddar Scrambled Eggs w/ WG Biscuit ✓  Fruit  <u>Lunch</u>  Grilled Chicken Philly  Steamed Broccoli ✓  Baked Potato Tots ✓  Fruit</p>	<p>17  <u>Breakfast</u>  WG Breakfast Pork Sausage Pizza  Fruit  <u>Lunch</u>  Bean &amp; Cheese Taquitos ✓  Buttered Corn ✓  Salsa ✓  Fruit</p>	<p>18 National Slush Day  <u>Breakfast</u>  Southern Chicken Biscuit  Fruit  <u>Lunch</u>  BBQ Pork Sandwich  Fresh Baby Carrots ✓  Creamy Coleslaw ✓  <b>COOL TROPICS</b> 100% Fruit Slushies</p>	<p>19  <u>Breakfast</u>  Southern Cheddar Grits Breakfast Bowl ✓  Fruit  <u>Lunch</u>  Smoked Turkey &amp; Cheese Sub  Celery Sticks with Dip ✓  Baked Potato Tots ✓  Fruit</p>	<p>20  <u>Breakfast</u>  Breakfast PB &amp; J Sandwich ✓  Fruit  <u>Lunch</u>  Chicken Filet Sandwich  Fresh Tossed Salad ✓  Sautéed Zucchini &amp; Tomatoes  Fresh Blueberries</p>
<p>23  <u>Breakfast</u>  Southern Chicken Biscuit  Fruit  <u>Lunch</u>  Hamburger/Cheeseburger on WG Bun  Baked Potato Tots ✓  Fresh Baby Carrots ✓  Fruit</p>	<p>24  <u>Breakfast</u>  WG Egg &amp; Cheese Biscuit ✓  Fruit  <u>Lunch</u>  Grilled Chicken Soft Tacos  Pinto Beans ✓  Salsa ✓  Fruit</p>	<p>25  <u>Breakfast</u>  Breakfast Protein Box  Fruit  <u>Lunch</u>  Chicken Filet Sandwich  Waffle Fries ✓  Garlic Sautéed Spinach ✓  Fruit</p>	<p>26  <u>Breakfast</u>  WG Breakfast Pork Sausage Pizza  Fruit  <u>Lunch</u>  Oven Roasted Chicken  WG Dinner Roll  Glazed Sweet Potatoes ✓  Garlic Green Beans ✓  Baked Apples</p>	<p>27  <u>Breakfast</u>  Vanilla Yogurt &amp; Fruit Parfait ✓  Cinnamon Toast ✓  Fruit  <u>Lunch</u>  WG Grilled Cheese ✓  Baked Crinkle Cut Fries ✓  Fresh Broccoli Florets with Dip  Fresh Sliced Watermelon</p>
<p>30 <b>MEMORIAL DAY</b></p> 	<p>31  <u>Breakfast</u>  Vanilla Yogurt &amp; Fruit Parfait ✓  Cinnamon Toast ✓  Fruit  <u>Lunch</u>  Manager's Choice  Vegetable (2)  Fruit</p>			

**2022 9-12 Meal Prices:**

**Breakfast:** FREE  
**Lunch:** FREE  
Adults: A la Carte Pricing

**Breakfast includes choice of:** Entrée, ½-1 cup fruit & milk. Students must select a fruit.

**Daily Breakfast Items:** • Assorted Milk • Fresh Fruit • Variety of Cereals

**Lunch includes a choice of:** Entrée with grain/bread, ½-1 cup vegetables, ½ cup fruit & milk. Students must select a fruit and/or vegetable.

**Daily Lunch Items:** Assorted Milk • PB&J Sandwich ✓ • Domino's Pizza ✓ *option available*


**Additional Lunch Options:** Yogurt Box ✓ • Fruit & Yogurt Parfait ✓ • Hummus Box ✓ • Chef Salads ✓ *available*

**Milk Choices:** • Fat Free Unflavored, & Fat Free Chocolate

*"V" Symbolizes the daily vegetarian options*

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.

 Fresh and often LOCAL produce

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