

November 2019 | MENU

Wake County Public School System

K-5 Breakfast & Lunch Menu



K-5 Paid Meal Prices:
 Breakfast: \$1.25
 Lunch: \$2.75
 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 ✓ • 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.


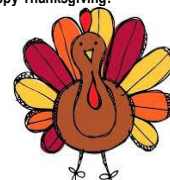
✓ Symbolizes the daily vegetarian options

Daily Lunch Items: • Assorted Milk • Entree Salad ✓
 • 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				01 Breakfast Southern Chicken Filet Biscuit Diced Pears Lunch Grilled Veggie Panini ✓ Turkey Hot Dog w/ Chili Popcorn Chicken & Potato Bowl Squash Casserole ✓ Fresh Cucumber Slices ✓ Mixed Fruit Fresh Fruit
04 Breakfast Glazed French Toast Sticks ✓ Diced Pears Lunch Veggie Chow Mein ✓ Cheese ✓/Pepperoni Pizza General Tso's Chicken "Fried" Rice ✓ Steamed Broccoli ✓ Asian Style Stir Fry Veggies ✓ Mixed Fruit Fresh Fruit	05 Breakfast Southern Egg & Cheese Biscuit ✓ Fresh Fruit Lunch Spicy Black Bean Burger ✓ Hamburger/Cheeseburger Wake Deli Hoagie Steamed Carrots ✓ Fresh Tossed Salad ✓ Diced Peaches Fresh Fruit	06 Breakfast Breakfast Flatbread Diced Peaches Lunch: Morning Star Vegan Nuggets ✓ Baked Chicken Nuggets Macaroni & Cheese ✓ WG Dinner Roll Creamy Garlic Spinach ✓ Mixed Veggies ✓ Applesauce Fresh Fruit	07 Breakfast Skillet Frittata Fresh Fruit Lunch Vegetarian Nachos ✓ Beef Nachos Fiestada Pizza Salsa ✓ Spicy Pinto Beans ✓ Buttered Corn ✓ Diced Pears Fresh Fruit	08 Breakfast Turkey Sausage Biscuit Mixed Fruit Lunch Grilled Veggie Panini ✓ Turkey Hot Dog w/ Chili Spicy Chicken Gyro Creamy Coleslaw ✓ Baked Sweet Potato Fries ✓ Diced Peaches Fresh Fruit
11 	12 Breakfast Protein Packed Breakfast Boat Fresh Fruit Lunch Spicy Black Bean Burger ✓ Hamburger/Cheeseburger Roasted Chicken Southern Biscuit Mixed Veggies ✓ Garlic Sautéed Spinach ✓ Diced Peaches Fresh Fruit	13 WORLD KINDNESS DAY Breakfast Confetti Pancakes ✓ Fresh Fruit Lunch Morning Star Vegan Nuggets ✓ Baked Chicken Nuggets Wild Mike's Cheese Bites ✓ Texas Toast Marinara ✓ Savory Green Beans ✓ 100% Fruit Slushie Fresh Fruit	14 Breakfast Breakfast Pizza Bagel Fresh Fruit Lunch Vegetarian Nachos ✓ Beef Nachos Creamy Spinach Dip ✓ Salsa ✓ Spicy Black Beans ✓ Fresh Tossed Salad ✓ Mixed Fruit Fresh Fruit	15 Breakfast Soft Baked Cinnamon Toast Crunch Bar ✓ Mixed Fruit Lunch Grilled Veggie Panini ✓ Turkey Hot Dog w/ Chili Juicy Stuffed Burger Baby Carrots w/ Dip ✓ Baked Spiral Cut French Fries ✓ Diced Peaches Fresh Fruit
18 Breakfast Southern Chicken Filet Biscuit Mixed Fruit Lunch Veggie Chow Mein ✓ Cheese ✓/Pepperoni Pizza Sriracha Honey Chicken W/ Chow Mein Steamed Broccoli ✓ Ginger Glazed Carrots ✓ Applesauce Fresh Fruit	19 Breakfast Breakfast Flatbread Fresh Fruit Lunch Spicy Black Bean Burger ✓ Hamburger/Cheeseburger Hot Ham & Cheese Wrap Baked Crinkle Cut French Fries ✓ Fresh Tossed Salad ✓ Mixed Fruit Fresh Fruit	20 Breakfast Canadian Bacon, Egg & Cheese on Ciabatta Mixed Fruit Lunch Morning Star Vegan Nuggets ✓ Baked Chicken Nuggets Spaghetti with Meat Sauce ✓ <i>Option Available</i> WG Texas Toast Garlic Sautéed Spinach ✓ Baby Carrots with Dip ✓ Diced Peaches Fresh Fruit	21 Breakfast Soft Baked Cinnamon Toast Crunch Bar ✓ Fresh Fruit Holiday Lunch Three Cheese Calzone ✓ Roasted Turkey w/ Dressing Cheesy Meatloaf Sister Schubert WG Dinner Roll Mashed Potatoes ✓ w/ Gravy Savory Green Beans ✓ Cranberry Sauce Fresh Fruit	22 Breakfast DONUT DAY! Diced Pears Lunch Grilled Veggie Panini ✓ Turkey Hot Dog w/ Chili Popcorn Chicken & Potato Bowl Squash Casserole ✓ Fresh Cucumber Slices ✓ Mixed Fruit Fresh Fruit
25 Breakfast Manager's Choice Lunch Manager's Choice	26 Breakfast Manager's Choice Lunch Manager's Choice	27 No School	28 Happy Thanksgiving! 	29 No School

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

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