

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



November 11 Veteran's Day
November 23-25 Thanksgiving
Break

2022 9-12 Meal Prices:

Full Price Breakfast: \$1.75
Reduced Price Breakfast: Free, while funding is available
Full Price Lunch: \$3.25
Reduced Price Lunch: Free, while funding is available
Adults: A la Carte Pricing



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

Daily Lunch Items:
 Assorted Milk • Fresh Fruit • Make Your Own PB&J
 Sandwich • Domino's Pizza *available*

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

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

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

Whole Grain

"V" Symbolizes the daily vegetarian options



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>01 Breakfast Sausage Biscuit Diced Pears Lunch Rotini with Meat Sauce or Marinara V Oven Roasted Chicken Dinner Roll Savory Green Beans V Fresh Cucumber Sticks with Dip V Mixed Fruit</p>	<p>02 Breakfast Churro Waffles V Diced Peaches Lunch Hamburger/Cheeseburger Morningstar Plant Based Burger V Baked Sweet Potato Fries V Baked Beans V Applesauce Cup</p>	<p>03 Breakfast Egg & Cheese Biscuit V Diced Pears Lunch Baked Chicken Bites Pasta Primavera Dinner Roll Fresh Baby Carrots V Steamed Broccoli V Mixed Fruit</p>	<p>04 Breakfast Vanilla Yogurt & Fruit Parfait V Applesauce Cup Lunch Chicken Filet Sandwich Baked Crinkle Cut Fries V Fresh Tossed Salad V Diced Peaches</p>
<p>07 Breakfast Egg & Cheese Biscuit V 100% Apple Juice Lunch Chicken Filet Sandwich Toasty Grilled Cheese Sandwich V Baked Potato Tots V Tomato Soup V Applesauce Cup</p>	<p>08 Breakfast Vanilla Yogurt & Fruit Parfait V Mixed Fruit Lunch Beef Nachos Queso & Chips V Black & White Beans V Salsa V Diced Peaches</p>	<p>09 Breakfast Pancakes V Diced Pears Lunch Pizza Burger Chicken Enchilada Empanada *NEW! Spicy Marinara V Fresh Tossed Salad V Mixed Fruit</p>	<p>10 Breakfast Scrambled Eggs & Toast V Diced Peaches Lunch Baked Chicken Bites Double Cheese Mac & Cheese V Dinner Roll Fresh Picked Green Beans V Fresh Roasted Sweet Potatoes V Applesauce Cup</p>	<p>11 VETERAN'S DAY</p>
<p>14 Breakfast Pancakes 100% Fruit Blend Juice Lunch Chicken & Vegetable Dumplings Veggie Fried Rice V Stir Fry Vegetables V Savory Green Beans V Diced Peaches</p>	<p>15 Breakfast Egg & Cheese Wakemuffin V Applesauce Cup Lunch Beef & Cheese Rice Bowl Plant Based 3 Bean Chili V Tortilla Chips Buttered Corn V Salsa V Mixed Fruit</p>	<p>16 Breakfast Waffle Sticks V Diced Peaches Lunch Hamburger/Cheeseburger Hot Dog Creamy Coleslaw V Baked Beans V Diced Pears</p>	<p>17 Breakfast Southern Chicken Biscuit Mixed Fruit Lunch Roasted Turkey Tenderloin with Pan Gravy Baked Chicken Bites Dinner Roll Fresh Picked Green Beans V Baked Locally Grown Sweet Potatoes V Applesauce Cup</p>	<p>18 Breakfast Donut Day! Diced Pears Lunch Chicken Filet Sandwich Fresh Tossed Salad V Baked Potato Tots V Mixed Fruit</p>
<p>21 Breakfast Egg & Cheese Biscuit V 100% Apple Juice Lunch Hamburger/Cheeseburger Morningstar Plant Based Burger V Baked Crinkle Cut French Fries V Baked Beans V Applesauce Cup</p>	<p>22 Breakfast Sausage Biscuit Diced Pears Lunch Rotini with Meat Sauce or Marinara V Oven Roasted Chicken Dinner Roll Local Braised Collard Greens V Steamed Broccoli V Mixed Fruit</p>	<p>23 THANKSGIVING BREAK</p>	<p>24 THANKSGIVING BREAK</p>	<p>25 THANKSGIVING BREAK</p>
<p>28 Breakfast Egg & Cheese Biscuit V 100% Apple Juice Lunch Chicken Filet Sandwich Toasty Grilled Cheese Sandwich V Baked Potato Tots V Tomato Soup V Applesauce Cup</p>	<p>29 Breakfast Vanilla Yogurt & Fruit Parfait V Mixed Fruit Lunch Managers Choice Entrée Grains Vegetables (2) Fruit</p>	<p>30 Breakfast Pancakes V Diced Pears Lunch Hamburger/Cheeseburger Chicken Enchilada Empanada Baked Crinkle Cut Fries V Fresh Tossed Salad V Mixed Fruit</p>		

