

November 2022| MENU
K-5
Wake County Public School
System
Breakfast & Lunch



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

2022 K-5 Meal Prices:

Full Price Breakfast: \$1.50
Reduced Price Breakfast: Free, while funding is available
Full Price Lunch: \$3.00
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 V

Additional Lunch Options:

Yogurt Box V • Fruit & Yogurt Parfait V • Hummus Box V
 • Chef Salads V 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



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