




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



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01 <u>Breakfast</u> Sausage WG Biscuit Diced Pears <u>Lunch</u> Rotini with Meat Sauce or Marinara V WG Dinner Roll Savory Green Beans V Mixed Fruit	02 <u>Breakfast</u> WG Cereal V Diced Peaches <u>Lunch</u> Hamburger on WG Bun Baked Sweet Potato Fries V Applesauce Cup	03 <u>Breakfast</u> Egg & Cheese WG Biscuit V Diced Pears <u>Lunch</u> Baked Chicken Bites WG Dinner Roll Steamed Broccoli V Mixed Fruit	04 <u>Breakfast</u> Vanilla Yogurt & Fruit WG Parfait V Applesauce Cup <u>Lunch</u> WG Pizza Day! V available Baked Crinkle Cut Fries V Diced Peaches
07 <u>Breakfast</u> Egg & Cheese WG Biscuit V 100% Apple Juice <u>Lunch</u> WG Toasty Grilled Cheese Sandwich V Baked Potato Tots V Applesauce Cup	08 <u>Breakfast</u> Vanilla Yogurt & Fruit WG Parfait V Mixed Fruit <u>Lunch</u> Beef Nachos with WG Chips Black & White Beans V Diced Peaches	09 <u>Breakfast</u> WG Cereal V Diced Pears <u>Lunch</u> WG Chicken Enchilada Empanada *NEW! Fresh Tossed Salad V Mixed Fruit	10 <u>Breakfast</u> Scrambled Eggs & WG Toast V Diced Peaches <u>Lunch</u> Double Cheese Mac & Cheese V WG Dinner Roll 🍎 Fresh Picked Green Beans V Applesauce Cup	11 <b>VETERAN'S DAY</b> 
14 <u>Breakfast</u> WG Cereal 100% Fruit Blend Juice <u>Lunch</u> WG Ramen Noodle Bowl Stir Fry Vegetables V Diced Peaches	15 <u>Breakfast</u> Egg & Cheese WG Wakemuffin V Applesauce Cup <u>Lunch</u> Beef & Cheese Brown Rice Bowl Buttered Corn V Mixed Fruit	16 <u>Breakfast</u> Yogurt Box with WG Granola V Diced Peaches <u>Lunch</u> Cheeseburger on WG Bun Baked Beans V Diced Pears	17 <u>Breakfast</u> Southern Chicken WG Biscuit Mixed Fruit <u>Lunch</u>  Roasted Turkey Tenderloin with Pan Gravy WG Dinner Roll 🍎 Baked Locally Grown Sweet Potatoes V Applesauce Cup	18 <u>Breakfast</u> Donut Day! Diced Pears <u>Lunch</u> WG Pizza Day! V available Baked Potato Tots V Mixed Fruit
21 <u>Breakfast</u> Egg & Cheese WG Biscuit V 100% Apple Juice <u>Lunch</u> Hamburger on WG Bun Baked Crinkle Cut French Fries V Applesauce Cup	22 <u>Breakfast</u> Sausage Biscuit Diced Pears <u>Lunch</u> Rotini with Meat Sauce or Marinara V WG Dinner Roll Steamed Broccoli V Mixed Fruit	23 <b>THANKSGIVING BREAK</b> 	24 <b>THANKSGIVING BREAK</b>	25 <b>THANKSGIVING BREAK</b>
28 <u>Breakfast</u> Egg & Cheese WG Biscuit V 100% Apple Juice <u>Lunch</u> Crispy Chicken Sandwich on WG Bun Baked Potato Tots V Applesauce Cup	29 <u>Breakfast</u> Sausage WG Biscuit Applesauce Cup <u>Lunch</u> Managers Choice Entrée Grain Vegetable Fruit	30 <u>Breakfast</u> WG Cereal Diced Pears <u>Lunch</u> WG Chicken Enchilada Empanada Fresh Tossed Salad V Mixed Fruit		

**2022 Pre-K 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

**Breakfast includes:** Entrée, fruit & unflavored milk.

**Lunch includes:** Entrée with whole grain/bread, ½ cup vegetable, ½ cup fruit & unflavored milk

V Symbolizes the daily vegetarian options



**Menu selection is subject to change at any time.**

