



October 2025| MENU Pre-K Wake County Public School System Breakfast & Lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <u>Breakfast</u> Breakfast Parfait Pop w/ WG Granola ✓ Blueberries <u>Lunch</u> Crispy Chicken Sandwich on WG Bun Crinkle Cut Fries ✓ 100% Fruit Blend Juice		01 <u>Breakfast</u> Breakfast Parfait Pop w/ WG Granola ✓ Blueberries <u>Lunch</u> Crispy Chicken Sandwich on WG Bun Crinkle Cut Fries ✓ 100% Fruit Blend Juice	02 <u>Breakfast</u> Country Breakfast Skillet ✓ Mandarin Oranges <u>Lunch</u> Creamy Tomato Alfredo ✓ WG Dinner Roll Buttered Broccoli ✓ Fresh Apple Slices	03 <u>Breakfast</u> WG Donut ✓ Pineapple Tidbits <u>Lunch</u> Pizza Day! ✓ available Cheez-It Caesar Salad ✓ Seasoned Green Beans ✓ Fresh Grapes
06 <u>Breakfast</u> WG Dutch Waffle ✓ 100% Apple Juice <u>Lunch</u> Popcorn Chicken Bites WG Dinner Roll Mixed Vegetables ✓ Savory Green Beans ✓ Fresh Pears	07 <u>Breakfast</u> WG Sunrise Pizza Applesauce Cup <u>Lunch</u> WG Beef & Cheddar Chalupas Salsa ✓ Pinto Beans ✓ Fresh Apples	08 <u>Breakfast</u> WG Chocolate Chip French Toast ✓ Mandarin Oranges <u>Lunch</u> Cheeseburger on WG Bun Crinkle Cut Fries ✓ 100% Fruit Blend Juice	09 <u>Breakfast</u> Southern Chicken Biscuit Blueberries <u>Lunch</u> Spaghetti with Meat Sauce WG Garlic Breadstick Green Bean & Corn Medley ✓ Applesauce Cup	10 <u>Breakfast</u> WG Donut ✓ Pineapple Tidbits <u>Lunch</u> Pizza Day! ✓ available Spinach Salad ✓ Fresh Bananas
13 trad, stem, wla workday <u>Breakfast</u> WG Waffles ✓ Blueberries <u>Lunch</u> Chicken & Brown Rice Bowl WG Garlic Flatbread Broccoli ✓ Seasoned Carrots ✓ Applesauce Cup	14 <u>Breakfast</u> WG Fresh Baked Cinnamon Swirl Bun ✓ Mandarin Oranges <u>Lunch</u> WG Quesabirria Tacos w/ Dip Black Beans ✓ Salsa ✓ 100% Fruit Blend Juice	15 <u>Breakfast</u> Morning Tot Bowl ✓ Applesauce Cup <u>Lunch</u> Chicken Gyro on WG Flatbread Fresh Greek Salad ✓ Lemon Pepper Crinkle Fries ✓ Mandarin Oranges	16 <u>Breakfast</u> Sausage Biscuit Pineapple Tidbits <u>Lunch</u> Grab & Go Box w/ WG Crackers Creamed Spinach ✓ Fresh Pears	17 <u>Breakfast</u> WG Donut ✓ 100% Apple Juice <u>Lunch</u> Taste of Italy Pizza Day! ✓ available Fresh Tossed Salad ✓ Sugar Roasted Baby Carrots ✓ Fresh Oranges
20 trad wla workday <u>Breakfast</u> WG Muffin ✓ Applesauce Cup <u>Lunch</u> Grab & Go Box w/ WG Crackers Mixed Vegetables ✓ Savory Green Beans ✓ Mandarin Oranges	21 <u>Breakfast</u> Early Riser Cheese Melt on WG Bread ✓ 100% Apple Juice <u>Lunch</u> Beef Nachos WG Tortilla Chips Black Beans ✓ Pineapple Tidbits	22 <u>Breakfast</u> Breakfast Parfait Pop w/ WG Granola ✓ Blueberries <u>Lunch</u> Crispy Chicken Sandwich on WG Bun Crinkle Cut Fries ✓ 100% Fruit Blend Juice	23 <u>Breakfast</u> Country Breakfast Skillet Mandarin Oranges <u>Lunch</u> Creamy Tomato Alfredo ✓ WG Dinner Roll Buttered Broccoli ✓ Fresh Apple Slices	24 <u>Breakfast</u> WG Donut ✓ Pineapple Tidbits <u>Lunch</u> Pizza Day! ✓ available Cheez-It Caesar Salad ✓ Seasoned Green Beans ✓ Fresh Grapes
27 <u>Breakfast</u> WG Dutch Waffle ✓ 100% Apple Juice <u>Lunch</u> Popcorn Chicken Bites WG Dinner Roll Mixed Vegetables ✓ Savory Green Beans ✓ Fresh Pears	28 <u>Breakfast</u> WG Sunrise Pizza Applesauce Cup <u>Lunch</u> WG Beef & Cheddar Chalupas Salsa ✓ Pinto Beans ✓ Fresh Apples	29 <u>Breakfast</u> WG Chocolate Chip French Toast ✓ Mandarin Oranges <u>Lunch</u> Cheeseburger on WG Bun Crinkle Cut Fries ✓ 100% Fruit Blend Juice	30 <u>Breakfast</u> Southern Chicken Biscuit Blueberries <u>Lunch</u> Spaghetti with Meat Sauce WG Garlic Breadstick Green Bean & Corn Medley ✓ Applesauce Cup	31 <u>Breakfast</u> WG Donut ✓ Pineapple Tidbits <u>Lunch</u> Pizza Day! ✓ available Spinach Salad ✓ Fresh Bananas

2025 Pre-K Meal Prices:

Full Price Breakfast: \$2.00
Reduced Price Breakfast: Free, while funding is available

Full Price Lunch: \$3.75

Reduced Price Lunch: \$.40

Adults: A la Carte Pricing

CEP School meals are free for all

Breakfast includes: Entrée, fruit & unflavored milk.

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

✓ Symbolizes the daily vegetarian options

Peanut butter & Jelly Sandwiches available upon request

Menu selection is subject to change at any time.



