

# October 2019 | MENU

## Wake County Public School System

### 9-12 Breakfast & Lunch Menu



**9-12 Paid Meal Prices:**

Breakfast: \$1.50  
Lunch: \$3.00  
Adults: A la Carte Pricing

**9-12 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 *V* • Breakfast Box *V* • Pop-tart *V*

**Lunch includes a choice of:** Entrée with grain/bread, 1-2 vegetables, 1-2 fruits & milk. Students must select a fruit and/or vegetable.

*V* Symbolizes the daily vegetarian options

**Daily Lunch Items:** • Assorted Milk • Entree Salad *V*  
• PB&J Sandwich • 100% Fruit Juice

**Additional Lunch Options:**

• Yogurt Box *V* • Mozzarella String Cheese Box *V* • Fruit Parfait *V*  
• Hummus Box *V* • Peanut Butter Box *V* • Ants on a Log Box *V*

**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
	<p><b>01 Breakfast</b> Protein Packed Breakfast Boat Fresh Fruit <b>Lunch</b> Spicy Black Bean Burger <i>V</i> Hamburger/Cheeseburger Chicken Club Wrap Chicken Filet Sandwich Variety of Pizza <i>V Option Available</i> Mixed Veggies <i>V</i> Garlic Sautéed Spinach <i>V</i> Diced Pears Fresh Fruit</p>	<p><b>02 Breakfast</b> Confetti Pancakes <i>V</i> Diced Pears <b>Lunch</b> Morning Star Vegan Nuggets <i>V</i> Baked Chicken Nuggets Wild Mike's Cheese Bites Chicken Filet Sandwich Variety of Pizza <i>V Option Available</i> WG Texas Toast Marinara <i>V</i> Savory Green Beans <i>V</i> Fresh Cucumber Slices <i>V</i> Applesauce Fresh Fruit</p>	<p><b>03 Breakfast</b> Breakfast Pizza Bagel Fresh Fruit <b>Lunch</b> Vegetarian Nachos <i>V</i> Beef Nachos Creamy Spinach Dip <i>V</i> Chicken Filet Sandwich Variety of Pizza <i>V Option Available</i> Salsa <i>V</i> Spicy Black Beans <i>V</i> Fresh Tossed Salad <i>V</i> Mixed Fruit Fresh Fruit</p>	<p><b>04 Breakfast</b> Soft Baked Cinnamon Toast Crunch Bar <i>V</i> Mixed Fruit <b>Lunch</b> Grilled Veggie Panini <i>V</i> Turkey Hot Dog w/ Chili Juicy Stuffed Burger Chicken Filet Sandwich Variety of Pizza <i>V Option Available</i> Baby Carrots w/ Dip <i>V</i> Baked Crinkle Cut French Fries <i>V</i> Diced Peaches Fresh Fruit</p>
<p><b>07 Breakfast</b> Turkey Sausage Biscuit Diced Peaches <b>Lunch</b> Veggie Chow Mein <i>V</i> Mandarin Orange Chicken over Chow Mein Chicken Filet Sandwich Variety of Pizza <i>V Option Available</i> Szechuan Broccoli <i>V</i> Baby Carrots &amp; Dip <i>V</i> Applesauce Fresh Fruit</p>	<p><b>08 Breakfast</b> Breakfast Totchos Fresh Fruit <b>Lunch</b> Spicy Black Bean Burger <i>V</i> Hamburger/Cheeseburger Hot Ham &amp; Cheese Wrap Chicken Filet Sandwich Variety of Pizza <i>V Option Available</i> Baked Potato Tots <i>V</i> Savory Green Beans <i>V</i> Mixed Fruit Fresh Fruit</p>	<p><b>09 Breakfast</b> Canadian Bacon, Egg &amp; Cheese on Ciabatta Mixed Fruit <b>Lunch</b> Morning Star Vegan Nuggets <i>V</i> Baked Chicken Nuggets Baked Lasagna <i>V Option Available</i> Chicken Filet Sandwich Variety of Pizza <i>V Option Available</i> WG Texas Toast Fresh Tossed Salad <i>V</i> Steamed Carrots <i>V</i> Diced Peaches Fresh Fruit</p>	<p><b>10 Breakfast</b> Soft Baked Cinnamon Toast Crunch Bar <i>V</i> Fresh Fruit <b>Lunch</b> Vegetarian Nachos <i>V</i> Beef Nachos Fiestada Pizza Chicken Filet Sandwich Variety of Pizza <i>V Option Available</i> Salsa Spicy Pinto Beans <i>V</i> Buttered Corn <i>V</i> Diced Pears Fresh Fruit</p>	<p><b>11 Breakfast</b> Southern Chicken Filet Biscuit Diced Pears <b>Lunch</b> Grilled Veggie Panini <i>V</i> Turkey Hot Dog w/ Chili Grilled Cheese Sandwich Chicken Filet Sandwich Variety of Pizza <i>V Option Available</i> Squash Casserole <i>V</i> Baked Crinkle Cut French Fries <i>V</i> Mixed Fruit Fresh Fruit</p>
<p><b>14 National School Lunch Week Breakfast</b> Glazed French Toast Sticks <i>V</i> Diced Pears <b>Lunch</b> Veggie Chow Mein <i>V</i> General Tso's Chicken Chicken Filet Sandwich Variety of Pizza <i>V Option Available</i> "Fried" Rice <i>V</i> Steamed Broccoli <i>V</i> Asian Style Veggies <i>V</i> Mixed Fruit Fresh Fruit</p>	<p><b>15 National School Lunch Week Breakfast</b> Southern Egg &amp; Cheese Biscuit <i>V</i> Fresh Fruit <b>Lunch</b> Spicy Black Bean Burger <i>V</i> Hamburger/Cheeseburger Wake Deli Hoagie Chicken Filet Sandwich Variety of Pizza <i>V Option Available</i> Mashed Potatoes <i>V</i> Savory Green Beans <i>V</i> Diced Peaches Fresh Fruit</p>	<p><b>16 National School Lunch Week Breakfast</b> Breakfast Totchos <i>V</i> Diced Peaches <b>Lunch</b> Morning Star Vegan Nuggets <i>V</i> Baked Chicken Nuggets Macaroni &amp; Cheese Chicken Filet Sandwich Variety of Pizza <i>V Option Available</i> WG Dinner Roll Creamy Garlic Spinach <i>V</i> Steamed Carrots <i>V</i> Applesauce Fresh Fruit</p>	<p><b>17 National School Lunch Week Breakfast</b> Skillet Frittata Fresh Fruit <b>Lunch</b> Vegetarian Nachos <i>V</i> Beef Nachos Grilled Chicken Totchos Chicken Filet Sandwich Variety of Pizza <i>V Option Available</i> Salsa Spicy Black Beans <i>V</i> Fresh Tossed Salad <i>V</i> Mixed Fruit Fresh Fruit</p>	<p><b>18 National School Lunch Week Breakfast</b> Turkey Sausage Biscuit Mixed Fruit <b>Lunch</b> Grilled Veggie Panini <i>V</i> Turkey Hot Dog w/ Chili Spicy Chicken Gyro Chicken Filet Sandwich Variety of Pizza <i>V Option Available</i> Creamy Coleslaw <i>V</i> Baked Sweet Potato Fries <i>V</i> Diced Pears Fresh Fruit</p>
<p><b>21 Breakfast</b> Southern Chicken Filet Biscuit Mixed Fruit <b>Lunch</b> Veggie Chow Mein <i>V</i> Szechuan Chicken &amp; Rice Chicken Filet Sandwich Variety of Pizza <i>V Option Available</i> Steamed Broccoli <i>V</i> Ginger Glazed Carrots <i>V</i> Diced Peaches Fresh Fruit</p>	<p><b>22 Breakfast</b> Protein Packed Breakfast Boat Fresh Fruit <b>Lunch</b> Spicy Black Bean Burger <i>V</i> Hamburger/Cheeseburger Chicken Club Wrap Chicken Filet Sandwich Variety of Pizza <i>V Option Available</i> Mixed Veggies <i>V</i> Garlic Sautéed Spinach <i>V</i> Diced Pears Fresh Fruit</p>	<p><b>23 Breakfast</b> Confetti Pancakes <i>V</i> Diced Pears <b>Lunch</b> Morning Star Vegan Nuggets <i>V</i> Baked Chicken Nuggets Wild Mike's Cheese Bites Chicken Filet Sandwich Variety of Pizza <i>V Option Available</i> Texas Toast Marinara <i>V</i> Savory Green Beans <i>V</i> Fresh Cucumber Slices <i>V</i> Applesauce Fresh Fruit</p>	<p><b>24 Breakfast</b> Breakfast Pizza Bagel Fresh Fruit <b>Lunch</b> Vegetarian Nachos <i>V</i> Beef Nachos Creamy Spinach Dip <i>V</i> Chicken Filet Sandwich Variety of Pizza <i>V Option Available</i> Salsa <i>V</i> Spicy Black Beans <i>V</i> Fresh Tossed Salad <i>V</i> Mixed Fruit Fresh Fruit</p>	<p><b>25 Breakfast</b> DONUT DAY! <i>V</i> Mixed Fruit <b>Lunch</b> Grilled Veggie Panini <i>V</i> Turkey Hot Dog w/ Chili Juicy Stuffed Burger Chicken Filet Sandwich Variety of Pizza <i>V Option Available</i> Baby Carrots w/ Dip <i>V</i> Baked Crinkle Cut French Fries <i>V</i> Diced Peaches Fresh Fruit</p>
<p><b>28 Breakfast</b> Turkey Sausage Biscuit Diced Peaches <b>Lunch</b> Veggie Chow Mein <i>V</i> Mandarin Orange Chicken over Chow Mein Chicken Filet Sandwich Variety of Pizza <i>V Option Available</i> Szechuan Broccoli <i>V</i> Baby Carrots &amp; Dip <i>V</i> Applesauce Fresh Fruit</p>	<p><b>29 Breakfast</b> Breakfast Totchos <i>V</i> Fresh Fruit <b>Lunch</b> Spicy Black Bean Burger <i>V</i> Hamburger/Cheeseburger Hot Ham &amp; Cheese Wrap Chicken Filet Sandwich Variety of Pizza <i>V Option Available</i> Baked Potato Tots <i>V</i> Savory Green Beans <i>V</i> Mixed Fruit Fresh Fruit</p>	<p><b>30 Breakfast</b> Canadian Bacon, Egg &amp; Cheese on Ciabatta Mixed Fruit <b>Lunch</b> Morning Star Vegan Nuggets <i>V</i> Baked Chicken Nuggets Baked Lasagna <i>V Option Available</i> Chicken Filet Sandwich Variety of Pizza <i>V Option Available</i> WG Texas Toast Fresh Tossed Salad <i>V</i> Steamed Carrots <i>V</i> Diced Peaches Fresh Fruit</p>	<p><b>31 Breakfast</b> HALLOWEEN Soft Baked Cinnamon Toast Crunch Bar <i>V</i> Fresh Fruit <b>Lunch</b> Vegetarian Nachos <i>V</i> Beef Nachos Fiestada Pizza Chicken Filet Sandwich Variety of Pizza <i>V Option Available</i> Salsa Spicy Pinto Beans <i>V</i> Buttered Corn <i>V</i> Diced Pears Fresh Fruit</p>	