


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

USDA Non-discrimination statement: <http://childnutrition.ncpublicschools.gov/information-resources/civil-rights/usda-non-discrimination-statement>

October 2019 | MENU

Wake County Public School System

K-5 Breakfast & Lunch Menu



K-5 Paid Meal Prices:
 Breakfast: \$1.25
 Lunch: \$2.75
 Adults: A la Carte Pricing

K-5 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 ✓ • Breakfast Box ✓ • Pop-tart ✓

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

✓ Symbolizes the daily vegetarian options

Daily Lunch Items: • Assorted Milk • Entree Salad ✓
 • PB&J Sandwich

Additional Lunch Options:
 • Yogurt Box ✓ • Mozzarella String Cheese Box ✓ • Fruit Parfait ✓
 • Hummus Box ✓ • Peanut Butter Box ✓ • Ants on a Log Box ✓

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.



Child Nutrition Services

[Apply Today to Start a Career in Child Nutrition Services- Cafe Jobs](#)