





**October 2022 | MENU**  
**9-12**  
**Wake County Public School**  
**System**  
**Breakfast & Lunch**



**October 10-14**  
**National School Lunch Week**  
**October 19 State Fair Day**  
**October 31 Zombie Day!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>03  <b>Breakfast</b>            Cinnamon Biscuit V            100% Fruit Blend Juice  <b>Lunch</b>            Crispy Orange Chicken *NEW!            Veggie Fried Rice V            Stir Fry Vegetables V            Savory Green Beans V            Diced Peaches</p>	<p>04  <b>Breakfast</b>            Egg &amp; Cheese Biscuit V            Applesauce Cup  <b>Lunch</b>            Beef &amp; Cheese Totchos            Bean &amp; Cheese Dip V            Tortilla Chips            Black Beans V            Salsa V            Mixed Fruit</p>	<p>05  <b>Breakfast</b>            Cheesy Grits &amp; Scrambled Eggs V            Strawberry Cup  <b>Lunch</b>            Baked Chicken Bites            Double Cheese Mac &amp; Cheese V            Dinner Roll            Steamed Broccoli V            Glazed Carrots V            Diced Pears</p>	<p>06  <b>Breakfast</b>            Southern Chicken Biscuit            Mixed Fruit  <b>Lunch</b>            Rotini with Meat Sauce or Marinara V            Dinner Roll            Chicken Filet Sandwich            Garlic Green Beans V            Cucumber Sticks with Dip V            Applesauce Cup</p>	<p>07  <b>Breakfast</b>            Cheese Toast V            Raisins  <b>Lunch</b>            Chicken Filet Sandwich            Fresh Tossed Salad V            Baked Potato Tots V            Mixed Fruit Cup</p>
<p>10 <b>PEACE</b> 🕊️  <b>Breakfast</b>            Cheese Toast V            100% Apple Juice  <b>Brunch for Lunch</b>            Chicken Potato Tot Bowl            Fresh Baked Biscuit            Mellow Egg &amp; Cheese Wakemuffin V            Groovy Garlic Broccoli V            Sock it to Me Sweet Potatoes V            Mixed Fruit</p>	<p>11 <b>LOVE</b> ❤️  <b>Breakfast</b>            Sausage Biscuit            Applesauce Cup  <b>Lunch</b>            Neato Beef Nachos            World Peace Plant Based 3 Bean Chili V            Tortilla Chips            Black Beans V            Sixties Salsa V            Raisins in the Sun</p>	<p>12 <b>AND</b>  <b>Breakfast</b>            Waffle Sticks V            Dried Cranberries  <b>Lunch</b>            Hang Loose Hamburger/Cheeseburger            Can Ya Dig It Dog            Far Out French Fries V            Beatnik Baked Beans V            Applesauce Cup</p>	<p>13 <b>SCHOOL</b> 🏫  <b>Breakfast</b>            Egg &amp; Cheese Biscuit V            Raisins  <b>Lunch</b>            Outta Site Chicken Bites            Paisley Pasta Primavera V            Righteous Dinner Roll            Savory Green Beans V            Fresh Baby Carrots V            Mixed Fruit</p>	<p>14 <b>LUNCH!</b> 🍷  <b>Breakfast</b>            Vanilla Yogurt &amp; Fruit Parfait V            Cinnamon Toast V  <b>Lunch</b>            Strawberry Cup  <b>Lunch</b>            Peace Out Pizza Day! V available            Chicken Filet Sandwich            Groovy Cut Fries V            Fresh Romaine Salad V            A Star is Born Fresh Starfruit</p>
<p>17  <b>Breakfast</b>            Egg &amp; Cheese Biscuit V            100% Apple Juice  <b>Lunch</b>            Chicken Filet Sandwich            Toasty Grilled Cheese Sandwich V            Baked Potato Tots V            Tomato Soup V            Applesauce Cup</p>	<p>18  <b>Breakfast</b>            Cinnamon Biscuit V            Mixed Fruit Cup  <b>Lunch</b>            Grilled Chicken Rice Bowl            Queso &amp; Chips V            Black &amp; White Beans V            Salsa V            Diced Peaches</p>	<p>19 <b>STATE FAIR DAY</b> 🎪  <b>Breakfast</b>            "Funnel Cake" Waffle V            Applesauce Cup  <b>Lunch</b>            Crispy Cheese Sticks            Carnival Corn Dog Nuggets            Marinara V            Fresh Baby Carrots V            Mixed Fruit Cup</p>	<p>20  <b>Breakfast</b>            Vanilla Yogurt &amp; Fruit Parfait V            Cinnamon Toast V            Diced Peaches  <b>Lunch</b>            Hamburger/Cheeseburger            Morningstar Plant Based Burger V            Baked Sweet Potato Fries V            Fresh Cucumber Sticks with Dip V            Applesauce Cup</p>	<p>21  <b>Breakfast</b>            Breakfast Grilled Cheese V            Mixed Fruit Cup  <b>Lunch</b>            Chicken Filet Sandwich            Fresh Baby Carrots V            Steamed Broccoli V            Raisins</p>
<p>24  <b>Breakfast</b>            Cinnamon Biscuit V            100% Fruit Blend Juice  <b>Lunch</b>            Crispy Orange Chicken            Veggie Fried Rice V            Stir Fry Vegetables V            Savory Green Beans V            Diced Peaches</p>	<p>25  <b>Breakfast</b>            Egg &amp; Cheese Biscuit V            Applesauce Cup  <b>Lunch</b>            Beef &amp; Cheese Totchos            Bean &amp; Cheese Dip V            Tortilla Chips            Buttered Corn V            Salsa V            Mixed Fruit</p>	<p>26  <b>Breakfast</b>            Cheesy Grits &amp; Scrambled Eggs V            Diced Peaches  <b>Lunch</b>            Baked Chicken Bites            Double Cheese Mac &amp; Cheese V            Dinner Roll            Steamed Broccoli V            Glazed Carrots V            Mixed Fruit</p>	<p>27  <b>Breakfast</b>            Southern Chicken Biscuit            Diced Pears  <b>Lunch</b>            Managers Choice            Entrée            Grains            Vegetables (2)            Fruit</p>	<p>28  <b>Breakfast</b>            Belgium Waffle Day!            Raisins  <b>Lunch</b>            Chicken Filet Sandwich            Fresh Tossed Salad V            Baked Potato Tots V            Mixed Fruit Cup</p>
<p>31 <b>ZOMBIE DAY!</b> 🧟  <b>Breakfast</b>            Egg &amp; Cheese Biscuit V            100% Apple Juice  <b>Lunch</b>            Fear the Walking Taco            Carl's Queso &amp; Chips V            Daryl's Roadside Pinto Beans V            Survival Salsa V            Diced Pears</p>				

**2022 9-12 Meal Prices:**

**Full Price Breakfast:** \$1.75

**Reduced Price Breakfast:** Free, while funding is available

**Full Price Lunch:** \$3.25

**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 • Domino's Pizza V available

**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