






October 2022 | MENU
Pre-K
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 Breakfast WG Cereal ✓ 100% Fruit Blend Juice Lunch Grilled Chicken WG Ramen Bowl Stir Fry Vegetables ✓ Diced Peaches</p>	<p>04 Breakfast Egg & Cheese WG Biscuit ✓ Applesauce Cup Lunch Beef & Cheese Totchos WG Tortilla Chips Black Beans ✓ Mixed Fruit</p>	<p>05 Breakfast WG Cheesy Grits & Scrambled Eggs ✓ Peach Cup Lunch Baked Chicken Bites WG Dinner Roll Glazed Carrots ✓ Diced Pears</p>	<p>06 Breakfast Southern Chicken WG Biscuit Mixed Fruit Lunch Rotini with Meat Sauce or Marinara ✓ WG Dinner Roll Cucumber Sticks with Dip ✓ Applesauce Cup</p>	<p>07 Breakfast WG Cheese Toast ✓ Raisins Lunch Pizza Day! ✓ available Fresh Tossed Salad ✓ Mixed Fruit Cup</p>
<p>10 PEACE 🕊️ </p>	<p>11 LOVE ❤️ Breakfast Sausage WG Biscuit Applesauce Cup Lunch Neato Beef Nachos WG Tortilla Chips Black Beans ✓ Raisins in the Sun</p>	<p>12 AND Breakfast WG Cereal ✓ Dried Cranberries Lunch Hang Loose Hamburger on WG Bun Far Out French Fries ✓ Applesauce Cup</p>	<p>13 SCHOOL 🏫 Breakfast Egg & Cheese WG Biscuit ✓ Raisins Lunch Paisley Pasta Primavera ✓ WG Righteous Dinner Roll Savory Green Beans ✓ Mixed Fruit</p>	<p>14 LUNCH! 🍷 Breakfast Yogurt Box ✓ Peach Cup Lunch Peace Out Pizza Day! ✓ available 🍷 Fresh Romaine Salad ✓ 🌟 A Star is Born Fresh Starfruit</p>
<p>17 Breakfast Egg & Cheese WG Biscuit ✓ 100% Apple Juice Lunch WG Toasty Grilled Cheese Sandwich ✓ Baked Potato Tots ✓ Applesauce Cup</p>	<p>18 Breakfast WG Cereal ✓ Mixed Fruit Cup Lunch Queso & Chips ✓ Black & White Beans ✓ Diced Peaches</p>	<p>19 STATE FAIR DAY Breakfast WG Cereal ✓ Applesauce Cup Lunch Crispy Cheese Sticks ✓ Marinara ✓ Mixed Fruit Cup</p>	<p>20 Breakfast Yogurt Box ✓ Diced Peaches Lunch Hamburger on WG Bun Fresh Cucumber Sticks with Dip ✓ Applesauce Cup</p>	<p>21 Breakfast WG Breakfast Grilled Cheese ✓ Mixed Fruit Cup Lunch Pizza Day! ✓ available Steamed Broccoli ✓ Raisins</p>
<p>24 Breakfast WG Cereal ✓ 100% Fruit Blend Juice Lunch Grilled Chicken Ramen Bowl Stir Fry Vegetables ✓ Diced Peaches</p>	<p>25 Breakfast Egg & Cheese WG Biscuit ✓ Applesauce Cup Lunch Beef & Cheese Totchos WG Tortilla Chips Buttered Corn ✓ Mixed Fruit</p>	<p>26 Breakfast WG Cheesy Grits & Scrambled Eggs ✓ Diced Peaches Lunch WG Double Cheese Mac & Cheese ✓ WG Dinner Roll Glazed Carrots ✓ Mixed Fruit</p>	<p>27 Breakfast Southern Chicken WG Biscuit Diced Pears Lunch Managers Choice Entrée Grain Vegetable Fruit</p>	<p>28 Breakfast Yogurt Box ✓ Raisins Lunch Pizza Day! ✓ available Fresh Tossed Salad ✓ Mixed Fruit Cup</p>
<p>31 ZOMBIE DAY! 🧟 Breakfast Egg & Cheese WG Biscuit ✓ 100% Apple Juice Lunch Carl's Queso & WG Chips ✓ Daryl's Roadside Pinto Beans ✓ Diced Pears</p>				

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

✓ Symbolizes the daily vegetarian options

Menu selection is subject to change at any time.