

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>October 1: World Vegetarian Day – Try the Veggie Burger at Lunch! October 5: World Teacher’s Day – Thank your Teachers! October 12: National Farmer’s Day – Free coloring sheets October 12 – 16: National School Lunch Week (NSLW) October 19: Featuring the award-winning Chicken Meatball Banh Mi recipe from the Apex High culinary team October 21: North Carolina Crunch Day! Enjoy local NC apples! October 31 – Happy Halloween</p>			<p>01 World Vegetarian Day Breakfast WG French Toast Sticks with Syrup ✓ Diced Peaches Fat Free Skim Milk Lunch Spicy Black Bean Burger ✓ Baby Carrots with Dip ✓ Strawberries Fat Free Skim Milk</p>	<p>02 Breakfast Scrambled Eggs with Toast 100% Orange Juice Fat Free Skim Milk Lunch Pulled Pork Sandwich Baked Beans ✓ Peach Cup Fat Free Skim Milk</p>
<p>05 World Teacher’s Day Breakfast Skillet Frittata Applesauce Fat Free Skim Milk Lunch Chicken Meatball Banh Mi Sandwich Steamed Carrots ✓ Mixed Fruit Fat Free Skim Milk</p>	<p>06 Breakfast Turkey Sausage Biscuit Mixed Fruit Fat Free Skim Milk Lunch Pork Carnitas Spicy Pinto Beans ✓ Applesauce Cup Fat Free Skim Milk</p>	<p>07 Breakfast Egg & Cheese Biscuit ✓ Applesauce Fat Free Skim Milk Lunch Juicy Cheeseburger Crinkle Cut Fries ✓ 100% Orange Juice Fat Free Skim Milk</p>	<p>08 Breakfast WG French Toast Sticks with Syrup ✓ Diced Peaches Fat Free Skim Milk Lunch WG Macaroni & Cheese ✓ Steamed Broccoli ✓ Applesauce Cup Fat Free Skim Milk</p>	<p>09 Breakfast Scrambled Eggs with Toast Applesauce Cup Fat Free Skim Milk Lunch Roasted Chicken Fresh Baked Biscuit Buttered Corn ✓ Mixed Fruit Fat Free Skim Milk</p>
<p>12 National Farmer’s Day / NSLW Breakfast Skillet Frittata Applesauce Fat Free Skim Milk Lunch General Tso’s Grilled Chicken with Brown Rice Steamed Broccoli ✓ Mixed Fruit Fat Free Skim Milk</p>	<p>13 NSLW Breakfast Turkey Sausage Biscuit Mixed Fruit Fat Free Skim Milk Lunch Cheese Stuffed Meatloaf Savory Green Beans ✓ Peach Cup Fat Free Skim Milk</p>	<p>14 NSLW Breakfast Egg & Cheese Biscuit ✓ Fresh Green Apple Slices - DOD Fat Free Skim Milk Lunch Cheeseburger Baked Beans ✓ Fresh Green Apple Slices - DOD Fat Free Skim Milk</p>	<p>15 NSLW Breakfast WG French Toast Sticks with Syrup ✓ Fresh Green Apple Slices - DOD Fat Free Skim Milk Lunch Spaghetti with Meat Sauce Baby Carrots with Dip ✓ Fresh Green Apple Slices - DOD Fat Free Skim Milk</p>	<p>16 NSLW Breakfast Scrambled Eggs with Toast Fresh Green Apple Slices - DOD Fat Free Skim Milk Lunch Personal Cheese Pizza ✓ Savory Green Beans ✓ Fresh Green Apple Slices - DOD Fat Free Skim Milk</p>
<p>19 Breakfast Skillet Frittata Applesauce Fat Free Skim Milk Lunch Chicken Meatball Banh Mi Sandwich Steamed Carrots ✓ Mixed Fruit Fat Free Skim Milk</p>	<p>20 Breakfast Turkey Sausage Biscuit Mixed Fruit Fat Free Skim Milk Lunch Rotini with Meat Sauce Buttered Corn ✓ Strawberries Fat Free Skim Milk</p>	<p>21 NC Crunch Day! Breakfast Egg & Cheese Biscuit ✓ Applesauce Fat Free Skim Milk Lunch Juicy Cheeseburger Crinkle Cut Fries ✓ Diced Peaches Fresh NC Apple Fat Free Skim Milk</p>	<p>22 Breakfast WG French Toast Sticks with Syrup ✓ Diced Peaches Fat Free Skim Milk Lunch WG Macaroni & Cheese ✓ Steamed Broccoli ✓ Applesauce Cup Fat Free Skim Milk</p>	<p>23 Breakfast Scrambled Eggs with Toast Applesauce Cup Fat Free Skim Milk Lunch Sriracha Grilled Chicken with Brown Rice Steamed Carrots ✓ Strawberries Fat Free Skim Milk</p>
<p>26 Breakfast Skillet Frittata Applesauce Fat Free Skim Milk Lunch General Tso’s Grilled Chicken with Brown Rice Steamed Broccoli ✓ Mixed Fruit Fat Free Skim Milk</p>	<p>27 Breakfast Turkey Sausage Biscuit Mixed Fruit Fat Free Skim Milk Lunch Cheese Nachos ✓ Spicy Pinto Beans ✓ Applesauce Fat Free Skim Milk</p>	<p>28 Breakfast Egg & Cheese Biscuit ✓ Fresh Grapes - DOD Fat Free Skim Milk Lunch Cheeseburger Baked Beans ✓ Fresh Grapes – DOD Fat Free Skim Milk</p>	<p>29 Breakfast WG French Toast Sticks with Syrup ✓ Fresh Grapes - DOD Fat Free Skim Milk Lunch Spaghetti with Meat Sauce Baby Carrots with Dip ✓ Fresh Grapes – DOD Fat Free Skim Milk</p>	<p>30 Breakfast Scrambled Eggs with Toast Fresh Grapes - DOD Fat Free Skim Milk Lunch Personal Cheese Pizza ✓ Steamed Carrots ✓ Peach Cup Fat Free Skim Milk</p>

October 2020| MENU

Wake County Public School System

Breakfast & Lunch



Fat Free Unflavored Milk included with breakfast

Lunch Milk Choices: • Fat Free Unflavored and Chocolate

Menu options subject to change due to product availability.

V = Vegetarian Item

