

**September 2025| MENU**  
**Pre-K**  
**Wake County Public School**  
**System**  
**Breakfast & Lunch**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01  08 <u>Breakfast</u> WG Muffin ✓ Applesauce Cup <u>Lunch</u> Crispy Chicken Sandwich on WG Bun Mixed Vegetables ✓ Savory Green Beans ✓ Mandarin Oranges	02 <u>Breakfast</u> WG Cereal ✓ Mandarin Oranges <u>Lunch</u> Spicy Beef & Brown Rice Bowl WG Tortilla Chips Black Beans ✓ Salsa ✓ Blueberries	03 <u>Breakfast</u> Morning Tot Bowl ✓ Applesauce Cup <u>Lunch</u> Hamburger/Cheeseburger on WG Bun Crinkle Cut Fries ✓ 100% Fruit Blend Juice	04 <u>Breakfast</u> Sausage Biscuit Pineapple Tidbits <u>Lunch</u> Crispy Chicken Sandwich on WG Bun Creamy Coleslaw ✓ BBQ Baked Beans ✓ Fresh Watermelon	05 <u>Breakfast</u> WG Donut ✓ 100% Apple Juice <u>Lunch</u> WG Pizza Day! <i>V available</i> Fresh Tossed Salad ✓ Roasted Broccoli ✓ Fresh Oranges
15 <u>Breakfast</u> WG Cereal ✓ 100% Apple Juice <u>Lunch</u> Thai Chicken Brown Rice Bowl WG Dinner Roll Ginger Broccoli ✓ Seasoned Carrots ✓ Mandarin Oranges	09 <u>Breakfast</u> Early Riser Cheese Melt on WG Bread ✓ 100% Apple Juice <u>Lunch</u> WG Chicken & Cheddar Chalupas Black Beans ✓ Salsa ✓ Pineapple Tidbits	10 <u>Breakfast</u> Yogurt Cup with WG Graham Crackers ✓ Blueberries <u>Lunch</u> WG Pizza Sticks ✓ Marinara ✓ Garlic Broccoli ✓ 100% Fruit Blend Juice	11 <u>Breakfast</u> Crispy Chicken Breakfast Bowl Mandarin Oranges <u>Lunch</u> Grab & Go Box Veggie Chopped Salad ✓ Fresh Apple Slices	12 <u>Breakfast</u> WG Donut ✓ Pineapple Tidbits <u>Lunch</u> WG Pizza Day! <i>V available</i> Cheez-It Caesar Salad ✓ Seasoned Green Beans ✓ Applesauce Cup
22 <u>Breakfast</u> Churro Waffles ✓ Blueberries <u>Lunch</u> Grab & Go Box Mixed Vegetables ✓ Savory Green Beans ✓ Fresh Pears	16 WEC workday <u>Breakfast</u> WG Sunrise Pizza Applesauce Cup <u>Lunch</u> Beef Nachos with WG Chips Pinto Beans ✓ Fresh Apples	17 <u>Breakfast</u> WG Chocolate Chip French Toast ✓ Mandarin Oranges <u>Lunch</u> Spaghetti with Meat Sauce WG Dinner Roll Garlic Spinach ✓ Pineapple Tidbits	18 <u>Breakfast</u> Southern Chicken Biscuit Blueberries <u>Lunch</u> Carolina Pulled Pork Sandwich on WG Bun Green Bean & Corn Medley ✓ Emoticons ✓ 100% Fruit Blend Juice	19 <u>Breakfast</u> WG Donut ✓ Pineapple Tidbits <u>Lunch</u> WG Pizza Day! <i>V available</i> Caprese Tomato Salad ✓ Fresh Bananas
29 MOD workday <u>Breakfast</u> WG Muffin ✓ Applesauce Cup <u>Lunch</u> Crispy Chicken Sandwich on WG Bun Mixed Vegetables ✓ Savory Green Beans ✓ Mandarin Oranges	23 TRAD & WLA workday <u>Breakfast</u> WG Cereal ✓ Mandarin Oranges <u>Lunch</u> Spicy Beef & Brown Rice Bowl WG Tortilla Chips Black Beans ✓ Salsa ✓ Blueberries	24 <u>Breakfast</u> Morning Tot Bowl ✓ Applesauce Cup <u>Lunch</u> Hamburger/Cheeseburger on WG Bun Crinkle Cut Fries ✓ 100% Fruit Blend Juice	25 <u>Breakfast</u> Sausage Biscuit Pineapple Tidbits <u>Lunch</u> Crispy Chicken Sandwich on WG Bun Creamy Coleslaw ✓ BBQ Baked Beans ✓ Fresh Watermelon	26 <u>Breakfast</u> WG Donut ✓ 100% Apple Juice <u>Lunch</u> WG Pizza Day! <i>V available</i> Fresh Tossed Salad ✓ Roasted Broccoli ✓ Fresh Oranges

**2025 Pre-K Meal Prices:**

**Full Price Breakfast:** \$2.00  
**Reduced Price Breakfast:** Free, while funding is available  
**Full Price Lunch:** \$3.75  
**Reduced Price Lunch:** \$ .40  
 Adults: A la Carte Pricing

**CEP School meals are free for all**

**Breakfast includes:** Entrée, fruit & unflavored milk.

**Lunch includes:** Entrée with grain/bread, ½ cup vegetable, ½ cup fruit & unflavored milk

*V Symbolizes the daily vegetarian options*

**Peanut butter & Jelly Sandwiches**  
 available upon request

**Menu selection is subject to change at any time.**

***This institution is an equal opportunity provider.***  
***Esta institución ofrece igualdad de oportunidades.***