

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 	03 Breakfast Southern Egg & Cheese Biscuit V Fresh Fruit Lunch Roasted Chicken Hamburger/Cheeseburger Three Cheese Calzone V PB & J Sandwich V Southern Biscuit Mashed Potatoes V Savory Green Beans V Diced Peaches Fresh Fruit	04 Breakfast Breakfast Totchos V Diced Peaches Lunch Chicken Filet Sandwich Macaroni & Cheese V Buffalo Chicken Pizza PB & J Sandwich V WG Dinner Roll Creamy Garlic Spinach V Steamed Carrots V Applesauce Fresh Fruit	05 Breakfast Broccoli & Cheese Quiche V Fresh Fruit Lunch Beef Nachos V <i>option available</i> Grilled Chicken Totchos Chicken Filet Sandwich PB & J Sandwich V Spicy Pinto Beans V Salsa V Fresh Tossed Salad V Mixed Fruit Fresh Fruit	06 Breakfast Turkey Sausage Biscuit Mixed Fruit Lunch Turkey Hot Dog w/ Chili Juicy Stuffed Burger Personal Cheese V / Pepperoni Pizza PB & J Sandwich V Creamy Coleslaw V Baked Sweet Potato Fries V Diced Pears Fresh Fruit
09 Breakfast Protein Packed Breakfast Boat Mixed Fruit Lunch Cheese V / Pepperoni Pizza Szechuan Chicken & Rice PB & J Sandwich V Steamed Broccoli V Mixed Veggies V Diced Peaches Fresh Fruit	10 Breakfast Glazed French Toast Sticks V Fresh Fruit Lunch Roasted Chicken Hamburger/Cheeseburger Three Cheese Calzone V PB & J Sandwich V Southern Biscuit Glazed Sweet Potatoes V Garlic Sautéed Spinach V Diced Pears Fresh Fruit	11 Breakfast Southern Chicken Filet Biscuit Diced Pears Lunch Baked Chicken Nuggets Pizza Crunchers V Buffalo Chicken Pizza PB & J Sandwich V Texas Toast Savory Green Beans V Fresh Cucumber Slices V Applesauce Fresh Fruit	12 Breakfast Breakfast Pizza Bagel Fresh Fruit Lunch Beef Nachos V <i>option available</i> Creamy Spinach Dip V Chicken Filet Sandwich PB & J Sandwich V Spicy Pinto Beans V Salsa V Fresh Tossed Salad V Mixed Fruit Fresh Fruit	13 Breakfast Egg & Cheese on Ciabatta V Mixed Fruit Lunch Turkey Hot Dog w/ Chili Juicy Stuffed Burger Personal Cheese V / Pepperoni Pizza PB & J Sandwich V Baby Carrots w/ Dip V Baked Crinkle Cut French Fries V Diced Peaches Fresh Fruit
16 Breakfast Turkey Sausage Biscuit Diced Peaches Lunch Cheese V / Pepperoni Pizza Chicken Club Wrap Chicken Filet Sandwich PB & J Sandwich V Steamed Broccoli V Baby Carrots w/ Dip V Applesauce Fresh Fruit	17 Breakfast Breakfast Totchos V Fresh Fruit Lunch Roasted Chicken Hamburger/Cheeseburger Three Cheese Calzone V PB & J Sandwich V Southern Biscuit Baked Potato Tots V Savory Green Beans V Mixed Fruit Fresh Fruit	18 Breakfast Canadian Bacon, Egg & Cheese on Ciabatta Mixed Fruit Lunch Baked Chicken Nuggets Baked Lasagna V <i>option available</i> Buffalo Chicken Pizza PB & J Sandwich V Texas Toast Fresh Tossed Salad V Steamed Carrots V Diced Peaches Fresh Fruit	19 Breakfast Huevos Rancheros Fresh Fruit Lunch Beef Nachos V <i>option available</i> Arroz Con Pollo Chicken Filet Sandwich PB & J Sandwich V Spicy Pinto Beans V Salsa V Buttered Corn V Diced Pears Fresh Fruit	20 Breakfast Southern Chicken Filet Biscuit Diced Pears Lunch Turkey Hot Dog w/ Chili Juicy Stuffed Burger Personal Cheese V / Pepperoni Pizza PB & J Sandwich V Fresh Cucumber Slices V Baked Sweet Potato Fries V Mixed Fruit Fresh Fruit
23 Breakfast Glazed French Toast Sticks V Diced Pears Lunch Cheese V / Pepperoni Pizza Wake Deli Hoagie Chicken Filet Sandwich PB & J Sandwich V Steamed Broccoli V Mixed Veggies V Mixed Fruit Fresh Fruit	24 Breakfast Southern Egg & Cheese Biscuit V Fresh Fruit Lunch Roasted Chicken Hamburger/Cheeseburger Three Cheese Calzone V PB & J Sandwich V Southern Biscuit Mashed Potatoes V Savory Green Beans V Diced Peaches Fresh Fruit	25 Breakfast Breakfast Totchos V Diced Peaches Lunch Chicken Filet Sandwich Macaroni & Cheese V Buffalo Chicken Pizza PB & J Sandwich V WG Dinner Roll Creamy Garlic Spinach V Steamed Carrots V Applesauce Fresh Fruit	26 Breakfast Broccoli & Cheese Quiche V Fresh Fruit Lunch Beef Nachos V <i>option available</i> Grilled Chicken Totchos Chicken Filet Sandwich PB & J Sandwich V Spicy Pinto Beans V Salsa V Fresh Tossed Salad V Mixed Fruit Fresh Fruit	27 Breakfast Turkey Sausage Biscuit Mixed Fruit Lunch Turkey Hot Dog w/ Chili Juicy Stuffed Burger Personal Cheese V / Pepperoni Pizza PB & J Sandwich V Creamy Coleslaw V Baked Sweet Potato Fries V Diced Pears Fresh Fruit
30 				

September 2019 | MENU

Wake County Public School System

6-8 Breakfast & Lunch Menu



6-8 Paid Meal Prices:
Breakfast: \$1.50
Lunch: \$3.00
Adults: A la Carte Pricing

6-8 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 V • Breakfast Box V • Pop-tart V

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

V Symbolizes the daily vegetarian entree option

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

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

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

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

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