

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

## September 2019 | MENU

### Wake County Public School System

### 9-12 Breakfast & Lunch Menu



**9-12 Paid Meal Prices:**  
Breakfast: \$1.50  
Lunch: \$3.00  
Adults: A la Carte Pricing

**9-12 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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