

# September 2020| MENU

## Wake County Public School System

### Breakfast & Lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>01</b> <b>Breakfast</b> Turkey Sausage Biscuit Peach Cup Fat Free Skim Milk <b>Lunch</b> Cheese Nachos ✓ Spicy Pinto Beans ✓ Applesauce	<b>02</b> <b>Breakfast</b> Egg & Cheese Biscuit ✓ Applesauce Fat Free Skim Milk <b>Lunch</b> Philly Cheesesteak Baked Beans ✓ Diced Peaches	<b>03</b> <b>Breakfast</b> WG Breakfast Flatbread Diced Peaches Fat Free Skim Milk <b>Lunch</b> Baked Lasagna with Meat Sauce Fresh Tossed Salad ✓ Applesauce Cup	<b>04</b> <b>Breakfast</b> WG French Toast Sticks with Syrup ✓ Applesauce Cup Fat Free Skim Milk <b>Lunch</b> Personal Cheese Pizza ✓ Buttered Corn ✓ Strawberry Cup
<b>07 LABOR DAY:</b> 	<b>08</b> <b>Breakfast</b> Turkey Sausage Biscuit Peach Cup Fat Free Skim Milk <b>Lunch</b> Cheese Nachos ✓ Spicy Pinto Beans ✓ Applesauce	<b>09</b> <b>Breakfast</b> Egg & Cheese Biscuit ✓ Applesauce Fat Free Skim Milk <b>Lunch</b> Juicy Cheeseburger Baked Beans ✓ Diced Peaches	<b>10</b> <b>Breakfast</b> WG Breakfast Flatbread Diced Peaches Fat Free Skim Milk <b>Lunch</b> String Cheese Grab & Go Box ✓ Steamed Broccoli ✓ Applesauce Cup	<b>11 Patriot's Day</b> <b>Breakfast</b> WG French Toast Sticks with Syrup ✓ Applesauce Cup Fat Free Skim Milk <b>Lunch</b> Roasted Chicken Fresh Baked Biscuit Savory Green Beans ✓ Strawberry Cup
<b>14 National Coloring Day</b> <b>Breakfast</b> String Cheese & Biscuit ✓ Strawberry Cup Fat Free Skim Milk <b>Lunch</b> Sriracha Grilled Chicken with Brown Rice Steamed Carrots ✓ Peach Cup	<b>15</b> <b>Breakfast</b> Turkey Sausage Biscuit Peach Cup Fat Free Skim Milk <b>Lunch</b> Cheese Nachos ✓ Spicy Pinto Beans ✓ Applesauce	<b>16</b> <b>Breakfast</b> Egg & Cheese Biscuit ✓ Applesauce Fat Free Skim Milk <b>Lunch</b> Philly Cheesesteak Baked Beans ✓ Diced Peaches	<b>17</b> <b>Breakfast</b> Breakfast Flatbread Diced Peaches Fat Free Skim Milk <b>Lunch</b> Baked Lasagna with Meat Sauce Fresh Tossed Salad ✓ Applesauce Cup	<b>18 National Cheeseburger Day</b> <b>Breakfast</b> WG French Toast Sticks with Syrup ✓ Applesauce Cup Fat Free Skim Milk <b>Lunch</b> Cheeseburger Buttered Corn ✓ Strawberry Cup
<b>21</b> <b>Breakfast</b> String Cheese & Biscuit ✓ Strawberry Cup Fat Free Skim Milk <b>Lunch</b> Sweet & Sour Meatballs with Brown Rice Steamed Carrots ✓ Peach Cup	<b>22</b> <b>Breakfast</b> Turkey Sausage Biscuit Peach Cup Fat Free Skim Milk <b>Lunch</b> Cheese Nachos ✓ Spicy Pinto Beans ✓ Fresh Green Apple Slices - DOD	<b>23</b> <b>Breakfast</b> Egg & Cheese Biscuit ✓ Fresh Green Apple Slices – DOD Fat Free Skim Milk <b>Lunch</b> Juicy Cheeseburger Baked Beans ✓ Fresh Green Apple Slices - DOD	<b>24</b> <b>Breakfast</b> Breakfast Flatbread Fresh Green Apple Slices – DOD Fat Free Skim Milk <b>Lunch</b> String Cheese Grab & Go Box ✓ Crinkle Cut Carrots with Dip ✓ DOD Fresh Green Apple Slices - DOD	<b>25 National Cooking Day</b> <b>Breakfast</b> WG French Toast Sticks with Syrup ✓ Fresh Green Apple Slices – DOD Fat Free Skim Milk <b>Lunch</b> Roasted Chicken Fresh Baked Biscuit Savory Green Beans ✓ Strawberry Cup
<b>28</b> <b>Breakfast</b> String Cheese & Biscuit ✓ Strawberry Cup Fat Free Skim Milk <b>Lunch</b> Sriracha Grilled Chicken with Brown Rice Steamed Carrots ✓ Peach Cup	<b>29</b> <b>Breakfast</b> Turkey Sausage Biscuit Peach Cup Fat Free Skim Milk <b>Lunch</b> Cheese Nachos ✓ Spicy Pinto Beans ✓ Applesauce	<b>30</b> <b>Breakfast</b> Egg & Cheese Biscuit ✓ Applesauce Fat Free Skim Milk <b>Lunch</b> Philly Cheesesteak Baked Beans ✓ Diced Peaches	<b>Upcoming Events</b> September 5 - National Cheese Pizza Day (celebrate with us on Friday!) September 7 – Labor Day September 14 - National Coloring Day – Free coloring page with your meal! September 18 - National Cheeseburger Day September 25 - National Cooking Day – Free Cooking Skills Flyer	

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