

September 2022| MENU
6-8
Wake County Public School
System
Breakfast & Lunch



September 5-9
National Waffle Week

2022 6-8 Meal Prices:

Full Price Breakfast: \$1.75
Reduced Price Breakfast: Free, while funding is available
Full Price Lunch: \$3.25
Reduced Price Lunch: Free, while funding is available
Adults: A la Carte Pricing

Daily Breakfast Items:

Assorted Milk • Fresh Fruit • Breakfast Yogurt Box
 • Variety of Cereals

Daily Lunch Items:

Assorted Milk • Fresh Fruit • Make Your Own PB&J
 Sandwich

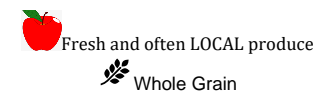
Additional Lunch Options:

Yogurt Box • Fruit & Yogurt Parfait • Hummus Box
 • Chef Salads


Milk Choices: • Fat Free Unflavored, & Fat Free
 Chocolate

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.



"V" Symbolizes the daily vegetarian options

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| | | | 01 <u>Breakfast</u> Southern Chicken Biscuit Mixed Fruit <u>Lunch</u> Rotini with Meat Sauce or Marinara V Dinner Roll Soft Pretzel with Cheese Dip V *NEW! Spinach Salad V Stewed Great Northern Beans V Strawberry Cup | 02 <u>Breakfast</u> Cheese Toast V Applesauce Cup <u>Lunch</u> Pizza Day! V available Fresh Tossed Salad V Garlic Green Beans V Dried Cranberries |
| 05  | 06 <u>Breakfast</u> Waffle Sticks V Mixed Fruit Cup <u>Lunch</u> Beef Nachos Queso & Chips V Beans & Rice V Salsa V Dried Cranberries | 07 <u>Breakfast</u> Cheddar Scrambled Eggs w/ Biscuit V Applesauce Cup <u>Lunch</u> BBQ Pulled Pork Platter Hot Dog Creamy Coleslaw V Fresh Baby Carrots V Mixed Fruit Cup | 08 <u>Breakfast</u> Egg & Cheese Biscuit V Raisins <u>Brunch for Lunch</u> Crispy Chicken & Waffle Sandwich Sausage Egg & Cheese Wakemuffin Glazed Sweet Potatoes V Steamed Broccoli V Mixed Fruit | 09 <u>Breakfast</u> Vanilla Yogurt & Fruit Parfait V Cinnamon Toast V Strawberry Cup <u>Lunch</u> Pizza Day! V available Baked Crinkle Cut Fries V Cucumber Sticks with Dip V Applesauce Cup |
| 12 <u>Breakfast</u> Cinnamon Biscuit V 100% Fruit Blend Juice <u>Lunch</u> Grilled Chicken Ramen Bowl *NEW! Pork Fried Rice Stir Fry Vegetables V Savory Green Beans V Strawberry Cup | 13 <u>Breakfast</u> Southern Chicken Biscuit Applesauce Cup <u>Lunch</u> Beef & Cheese Totchos Bean & Cheese Dip V Tortilla Chips Ranch Style Pinto Beans V Salsa V Mixed Fruit | 14 <u>Breakfast</u> Cheese Toast V Strawberry Cup <u>Lunch</u> Baked Chicken Bites Pasta Primavera V Dinner Roll Steamed Broccoli V Smashed Sweet Potatoes V Mixed Fruit | 15 <u>Breakfast</u> Vanilla Yogurt & Fruit Parfait V Cinnamon Toast V Dried Cranberries <u>Lunch</u> Hamburger/Cheeseburger Morningstar Veggie Burger V *NEW! Baked Crinkle Cut Fries V Fresh Cucumber Sticks with Dip V Applesauce Cup | 16 <u>Breakfast</u> Egg & Cheese Biscuit V Fresh Peaches <u>Lunch</u> Pizza Day! V available Fresh Picked Buttered Yellow Squash V Baked Sweet Potato Fries V Dried Cranberries |
| 19 <u>Breakfast</u> Cheddar Scrambled Eggs w/ Biscuit V 100% Apple Juice <u>Lunch</u> Baked Chicken Bites Double Cheese Mac & Cheese V Dinner Roll Steamed Broccoli V Fresh Baby Carrots V Fresh Nectarines | 20 <u>Breakfast</u> Sausage Biscuit Strawberry Cup <u>Lunch</u> Grilled Chicken Rice Bowl Plant Based 3 Bean Chili V Soft Tortillas V Cucumber Sticks with Dip V Salsa V Raisins | 21 <u>Breakfast</u> Crispy Waffles V Dried Cranberries <u>Lunch</u> Hamburger/Cheeseburger Hot Dog Baked Crinkle Cut Fries V Baked Beans V Applesauce Cup | 22 <u>Breakfast</u> Southern Chicken Biscuit Mixed Fruit <u>Lunch</u> Rotini with Meat Sauce or Marinara V Dinner Roll Chicken Filet Sandwich Spinach Salad V Stewed Great Northern Beans V Strawberry Cup | 23 <u>Breakfast</u> Cheese Toast V Applesauce Cup <u>Lunch</u> Pizza Day! V available Fresh Tossed Salad V Garlic Green Beans V Dried Cranberries |
| 26 <u>Breakfast</u> Breakfast Grilled Cheese V 100% Fruit Blend Juice <u>Lunch</u> Crispy Chicken & Cheese Sandwich Toasty Grilled Cheese Sandwich V Baked Potato Tots V Great Northern Beans V Applesauce Cup | 27 <u>Breakfast</u> Vanilla Yogurt & Fruit Parfait V Cinnamon Toast V Mixed Fruit Cup <u>Lunch</u> Beef Nachos Queso & Chips Ranch Style Pinto Beans V Salsa V Dried Cranberries | 28 <u>Breakfast</u> Cheddar Scrambled Eggs w/ Biscuit V Applesauce Cup <u>Lunch</u> BBQ Pulled Pork Platter Hot Dog Creamy Coleslaw V Fresh Baby Carrots V Mixed Fruit Cup | 29 <u>Breakfast</u> Egg & Cheese Biscuit V Raisins <u>Lunch</u> Managers Choice Entrée Grains Vegetables (2) Fruit | 30 <u>Breakfast</u> Donut Day! Fresh Red Anjou Pears <u>Lunch</u> Pizza Day! V available Buttered Squash Medley V Cucumber Sticks with Dip V Applesauce Cup |