

September 2022| MENU
9-12
Wake County Public School
System
Breakfast & Lunch



September 5-9
National Waffle Week

2022 9-12 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

Chicken

Assorted Milk • Fresh Fruit • Make Your Own PB&J
 Sandwich • Domino's Pizza *available*

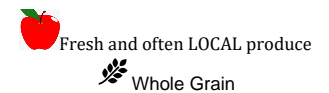
Additional Lunch Options:

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


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