




September 2022| MENU
Pre-K
Wake County Public School
System
Breakfast & Lunch



September 5-9
National Waffle Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			01 <u>Breakfast</u> Southern Chicken Biscuit Mixed Fruit <u>Lunch</u> WG Rotini with Meat Sauce or Marinara V Stewed Great Northern Beans V Strawberry Cup	02 <u>Breakfast</u> WG Cheese Toast V Applesauce Cup <u>Lunch</u> Pizza Day! V available Garlic Green Beans V Dried Cranberries
05 	06 <u>Breakfast</u> Waffle Sticks V Mixed Fruit Cup <u>Lunch</u> Queso & WG Chips V Beans & Rice V Dried Cranberries	07 <u>Breakfast</u> Cheddar Scrambled Eggs w/ WG Biscuit V Applesauce Cup <u>Lunch</u> BBQ Pulled Pork Platter Steamed Broccoli V Mixed Fruit Cup	08 <u>Breakfast</u> WG Egg & Cheese Biscuit V Raisins <u>Breakfast for Lunch</u> Crispy Chicken & Waffle Sandwich Glazed Sweet Potatoes V Mixed Fruit	09 <u>Breakfast</u> Vanilla Yogurt & Fruit Parfait V Cinnamon Toast V Strawberry Cup <u>Lunch</u> Pizza Day! V available Cucumber Sticks with Dip V Applesauce Cup
12 <u>Breakfast</u> WG Cereal V 100% Fruit Blend Juice <u>Lunch</u> Grilled Chicken WG Ramen Bowl Stir Fry Vegetables V Strawberry Cup	13 <u>Breakfast</u> Southern Chicken WG Biscuit Applesauce Cup <u>Lunch</u> Beef & Cheese Totchos WG Tortilla Chips Ranch Style Pinto Beans V Mixed Fruit	14 <u>Breakfast</u> WG Cheese Toast V Strawberry Cup <u>Lunch</u> Baked Chicken Bites WG Dinner Roll Steamed Broccoli V Mixed Fruit	15 <u>Breakfast</u> Vanilla Yogurt & Fruit Parfait V Cinnamon Toast V Dried Cranberries <u>Lunch</u> Hamburger/Cheeseburger on WG Bun Baked Crinkle Cut Fries V Applesauce Cup	16 <u>Breakfast</u> WG Egg & Cheese Biscuit V  Fresh Peaches <u>Lunch</u> Pizza Day! V available Baked Sweet Potato Fries V Dried Cranberries
19 <u>Breakfast</u> Cheddar Scrambled Eggs w/ WG Biscuit V 100% Apple Juice <u>Lunch</u> Baked Chicken Bites WG Dinner Roll Steamed Broccoli V  Fresh Nectarines	20 <u>Breakfast</u> Turkey Sausage WG Biscuit Strawberry Cup <u>Lunch</u> Grilled Chicken Brown Rice Bowl WG Soft Tortillas V Fresh Cucumber Sticks with Dip V Raisins	21 <u>Breakfast</u> WG Cereal V Dried Cranberries <u>Lunch</u> Hamburger/Cheeseburger on WG Bun Baked Crinkle Cut Fries V Applesauce Cup	22 <u>Breakfast</u> Southern Chicken Biscuit Mixed Fruit <u>Lunch</u> WG Rotini with Meat Sauce or Marinara V Stewed Great Northern Beans V Strawberry Cup	23 <u>Breakfast</u> WG Cheese Toast V Applesauce Cup <u>Lunch</u> Pizza Day! V available Garlic Green Beans V Dried Cranberries
26 <u>Breakfast</u> WG Breakfast Grilled Cheese V 100% Fruit Blend Juice <u>Lunch</u> WG Toasty Grilled Cheese Sandwich 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> Queso & WG Chips V Beans & Rice V Dried Cranberries	28 <u>Breakfast</u> Cheddar Scrambled Eggs w/ WG Biscuit V Applesauce Cup <u>Lunch</u> BBQ Pulled Pork Platter Steamed Broccoli V Mixed Fruit Cup	29 <u>Breakfast</u> WG Egg & Cheese Biscuit V Raisins <u>Lunch</u> Managers Choice Entrée Grains Vegetables (2) Fruit	30 <u>Breakfast</u> Vanilla Yogurt & Fruit Parfait V Cinnamon Toast V Strawberry Cup <u>Lunch</u> Pizza Day! V available Cucumber Sticks with Dip V Applesauce Cup

2022 Pre-K Meal Prices:

Full Price Breakfast: \$1.50
Reduced Price Breakfast: Free, while funding is available

Full Price Lunch: \$3.00
Reduced Price Lunch: Free, while funding is available


Adults: A la Carte Pricing

Breakfast includes: Entrée, fruit & unflavored milk.

Lunch includes: Entrée with grain/bread, ½ cup vegetable, ½ cup fruit & unflavored milk

V Symbolizes the daily vegetarian options

Menu selection is subject to change at any time.

 Fresh and often LOCAL produce