




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>02</b> <b>Breakfast</b> WG Cheerios ✓ Applesauce Fat Free Skim Milk <b>Lunch</b> Ramen Noodle & Chicken Bowl Steamed Carrots ✓ Mixed Fruit Fat Free Milk	<b>03 ELECTION DAY</b> 	<b>04</b> <b>Breakfast</b> Pancakes & Scrambled Eggs ✓ Applesauce Fat Free Skim Milk <b>Lunch</b> Cheeseburger Baked Beans ✓ Diced Peaches Fat Free Milk	<b>05</b> <b>Breakfast</b> DONUT DAY! ✓ Diced Peaches Fat Free Skim Milk <b>Lunch</b> Spaghetti with Meat Sauce ✓ Mixed Vegetables ✓ Strawberries Fat Free Milk	<b>06</b> <b>Breakfast</b> Scrambled Eggs with Toast ✓ Strawberries Fat Free Skim Milk <b>Lunch</b> Personal Cheese Pizza ✓ Baby Carrots with Dip ✓ Mixed Fruit Fat Free Milk
<b>09</b> <b>Breakfast</b> WG Cheerios ✓ Applesauce Fat Free Skim Milk <b>Lunch</b> Spicy Beef & Broccoli WG Dinner Roll Mixed Fruit Fat Free Milk	<b>10</b> <b>Breakfast</b> Turkey Sausage Biscuit Mixed Fruit Fat Free Skim Milk <b>Lunch</b> Beef & Cheese Nachos Spicy Pinto Beans ✓ Pears Fat Free Milk	<b>11 VETERAN'S DAY</b> 	<b>12</b> <b>Breakfast</b> Egg & Cheese Biscuit ✓ Fresh Apple Slices Fat Free Skim Milk <b>Lunch</b> Baked Lasagna with Meat Sauce Collard Greens ✓ Fresh Apple Slices Fat Free Milk	<b>13</b> <b>Breakfast</b> Scrambled Eggs with Toast ✓ Fresh Apple Slices Fat Free Skim Milk <b>Lunch</b> Personal Cheese Pizza ✓ Buttered Corn ✓ Mixed Fruit Fat Free Milk
<b>16</b> <b>Breakfast</b> WG Cheerios ✓ Applesauce Fat Free Skim Milk <b>Lunch</b> Ramen Noodle & Chicken Bowl Steamed Carrots ✓ Mixed Fruit Fat Free Milk	<b>17</b> <b>Breakfast</b> Scrambled Eggs with Toast ✓ Mixed Fruit Fat Free Skim Milk <b>Lunch</b> Fiestada Pizza Spicy Pinto Beans ✓ Pears Fat Free Milk	<b>18</b> <b>Breakfast</b> Pancakes & Scrambled Eggs ✓ Pears Fat Free Skim Milk <b>Lunch</b> Cheeseburger Baked Beans ✓ Diced Peaches Fat Free Milk	<b>19</b> <b>Breakfast</b> Egg & Cheese Biscuit ✓ Diced Peaches Fat Free Skim Milk <b>Lunch</b> WG Macaroni & Cheese ✓ Mixed Vegetables ✓ Strawberries Fat Free Milk	<b>20</b> <b>Breakfast</b> Turkey Sausage Biscuit Strawberries Fat Free Skim Milk <b>Lunch – Holiday Meal</b> Roasted Chicken WG Dinner Roll Baked Sweet Potatoes Cranberry Sauce Apple Crisp Fat Free Milk
<b>23</b> <b>Breakfast</b> WG Cheerios ✓ Applesauce Fat Free Skim Milk <b>Lunch</b> Spicy Beef & Broccoli WG Dinner Roll Mixed Fruit Fat Free Milk	<b>24</b> <b>Breakfast</b> Turkey Sausage Biscuit Mixed Fruit Fat Free Skim Milk <b>Lunch</b> Beef & Cheese Nachos Spicy Pinto Beans ✓ Pears Fat Free Milk	<b>25 HOLIDAY BREAK</b>	<b>26 THANKSGIVING</b> 	<b>27 HOLIDAY BREAK</b>
<b>30</b> <b>Breakfast</b> WG Cheerios ✓ Applesauce Fat Free Skim Milk <b>Lunch</b> Ramen Noodle & Chicken Bowl Steamed Carrots ✓ Mixed Fruit Fat Free Milk	<b>November 3:</b> Election Day <b>November 5:</b> National Donut Day <b>November 11:</b> Veteran's Day <b>November 20:</b> Holiday Lunch <b>November 27:</b> Thanksgiving			

# November 2020| MENU

## Wake County Public School System

### Breakfast & Lunch



Fat Free Unflavored Milk included with breakfast  
 Lunch Milk Choices: • Fat Free Unflavored and Chocolate

V = Vegetarian Item

**\*Menu options subject to change due to product availability.**