



# March 2019 | MENU

## Wake County Public School System

### K-5 Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>March 1: Join us for green eggs to celebrate Dr. Seuss!</b></p> <p>Join us for National School Breakfast Week!</p> 				<p><b>01</b> <b>Dr. Seuss Breakfast</b> Green Eggs (Scrambled Eggs with Spinach), Turkey Bacon &amp; Toast PB&amp;J Breakfast Sandwich Fruit Cup <b>Lunch</b> Turkey Hot Dog w/ Chili Fish Nuggets w/ Hushpuppies PB&amp;J Sandwich Crinkle Cut Sweet Potato Fries Bush's Baked Beans Assorted Fresh Fruit</p>
<p><b>04</b> <b>Breakfast #NSBW19</b> Protein Packed Breakfast Boat PB&amp;J Breakfast Sandwich Fruit Cup <b>Lunch</b> Spaghetti w/ Meat Sauce (vegetarian option available) Wake Deli Sandwich PB&amp;J Sandwich Steamed Broccoli Savory Green Beans Fresh Fruit</p>	<p><b>05</b> <b>Breakfast #NSBW19</b> Turkey Sausage, Scrambled Eggs &amp; Hashbrown Rounds PB&amp;J Breakfast Sandwich Fresh Fruit <b>Lunch</b> Roasted Chicken Cheeseburger Hoagie PB&amp;J Sandwich Southern Biscuit Glazed Sweet Potatoes Mixed Veggies Fruit Cup</p>	<p><b>06</b> <b>Breakfast #NSBW19</b> Southern Steak Biscuit PB&amp;J Breakfast Sandwich Fruit Cup <b>Lunch</b> Chicken Parmesan over Spaghetti Noodles Baked Chicken Nuggets PB&amp;J Sandwich Texas Toast Fresh Tossed Salad Steamed Carrots Fresh Fruit</p>	<p><b>07</b> <b>Breakfast #NSBW19</b> Breakfast Flatbread PB&amp;J Breakfast Sandwich Fresh Fruit <b>Lunch</b> Turkey Pot Pie w/ Biscuit Beef Nachos w/ Salsa <i>V option available</i> PB&amp;J Sandwich Texas Toast Mixed Veggies Fruit Cup</p>	<p><b>08</b> <b>Breakfast #NSBW19</b> Huevos Rancheros PB&amp;J Breakfast Sandwich Fruit Cup <b>Lunch</b> Turkey Hot Dog w/ Chili Seaside Fish Sandwich PB&amp;J Sandwich Savory Green Beans Seasoned Fries Fresh Fruit</p>
<p><b>11</b> <b>Breakfast</b> Turkey Sausage Biscuit PB&amp;J Breakfast Sandwich Fruit Cup <b>Lunch</b> Gourmet Grilled Bacon &amp; Cheese Panini Pizza Crunchers PB&amp;J Sandwich Vegetable Soup Fresh Tossed Salad Fresh Fruit</p>	<p><b>12</b> <b>Breakfast</b> Breakfast Burrito <i>V</i> PB&amp;J Breakfast Sandwich Fruit Cup <b>Brunch for Lunch Day!</b> Chicken &amp; Waffles Glazed French Toast Sticks PB&amp;J Sandwich Wake Rounds Mixed Veggies Fruit Cup</p>	<p><b>13</b> <b>Breakfast</b> Southern Chicken Filet Biscuit PB&amp;J Breakfast Sandwich Fruit Cup <b>Lunch</b> Baked Lasagna <i>V option available</i> Baked Chicken Nuggets PB&amp;J Sandwich Texas Toast Garlic Sautéed Spinach Straight Cut Fries Fresh Fruit</p>	<p><b>14</b> <b>Breakfast</b> Breakfast Pizza Bagel PB&amp;J Breakfast Sandwich Fresh Fruit <b>Lunch</b> Grilled Honey BBQ Rib Sandwich Beef Nachos w/ Salsa <i>V option available</i> PB&amp;J Sandwich Black Beans Steamed Broccoli Fruit Cup</p>	<p><b>15</b> <b>Breakfast</b> Turkey Bacon, Egg, &amp; Cheese on Ciabatta PB&amp;J Breakfast Sandwich Fruit Cup <b>Lunch</b> Turkey Hot Dog w/ Chili Seaside Fish Sandwich PB&amp;J Sandwich Southern Green Beans Savory Sweet Potato Wedges Fresh Fruit</p>
<p><b>18</b> <b>Breakfast</b> Maple Glazed French Toast Sticks PB&amp;J Breakfast Sandwich Fruit Cup <b>Lunch</b> Chicken Filet Sandwich Cheese <i>V</i> / Pepperoni Pizza PB&amp;J Sandwich Buttered Corn Broccoli w/ Cheese Sauce Fresh Fruit</p>	<p><b>19</b> <b>Breakfast</b> Broccoli &amp; Cheese Quiche PB&amp;J Breakfast Sandwich Fruit Cup <b>Lunch</b> Teriyaki Beef Dippers Hamburger / Cheeseburger PB&amp;J Sandwich "Fried" Rice Mixed Veggies Green Beans Fruit Cup</p>	<p><b>20</b> <b>Breakfast</b> Southern Turkey Sausage Biscuit PB&amp;J Breakfast Sandwich Fruit Cup <b>Lunch</b> Mac-N-Cheese <i>V</i> Baked Chicken Nuggets PB&amp;J Sandwich WG Dinner Roll Steamed Carrots Steamed Broccoli Fresh Fruit</p>	<p><b>21</b> <b>Breakfast</b> Southern Cheese Omelet Biscuit <i>V</i> PB&amp;J Breakfast Sandwich Fresh Fruit <b>Lunch</b> Chicken Quesadilla Beef Nachos w/ Salsa <i>V option available</i> PB&amp;J Sandwich Pinto Beans Fresh Tossed Salad Fruit Cup</p>	<p><b>22</b> <b>Breakfast</b> Turkey Bacon, Egg, &amp; Cheese Sandwich PB&amp;J Breakfast Sandwich Fruit Cup <b>Lunch</b> Turkey Hot Dog w/ Chili Fish Nuggets w/ Hushpuppies PB&amp;J Sandwich Crinkle Cut Sweet Potato Fries Bush's Baked Beans Fresh Fruit</p>
<p><b>25</b> <b>Breakfast</b> Protein Packed Breakfast Boat PB&amp;J Breakfast Sandwich Fruit Cup <b>Lunch</b> Spaghetti w/ Meat Sauce (vegetarian option available) Wake Deli Sandwich PB&amp;J Sandwich Steamed Broccoli Savory Green Beans Fresh Fruit</p>	<p><b>26</b> <b>Breakfast</b> Turkey Sausage &amp; Scrambled Eggs &amp; Hashbrown Rounds PB&amp;J Breakfast Sandwich Fresh Fruit <b>Lunch</b> Roasted Chicken Cheeseburger Hoagie PB&amp;J Sandwich Southern Biscuit Glazed Sweet Potatoes Mixed Veggies Fruit Cup</p>	<p><b>27</b> <b>Breakfast</b> Southern Steak Biscuit PB&amp;J Breakfast Sandwich Fruit Cup <b>Lunch</b> Chicken Parmesan over Spaghetti Noodles Baked Chicken Nuggets PB&amp;J Sandwich Texas Toast Fresh Tossed Salad Steamed Carrots Fruit Cup</p>	<p><b>28</b> <b>Breakfast</b> Breakfast Flatbread PB&amp;J Breakfast Sandwich Fresh Fruit <b>Lunch</b> Turkey Pot Pie w/ Biscuit Beef Nachos w/ Salsa <i>V option available</i> PB&amp;J Sandwich Pinto Beans Mixed Veggies Fruit Cup</p>	<p><b>29</b> <b>Breakfast</b> Huevos Rancheros PB&amp;J Breakfast Sandwich Fruit Cup <b>Lunch</b> Turkey Hot Dog w/ Chili Seaside Fish Sandwich PB&amp;J Sandwich Savory Green Beans Seasoned Fries Fresh Fruit</p>

**K-5 Paid Meal Prices:**  
Breakfast: \$1.25  
Lunch: \$2.55  
Adults: A la Carte Pricing

**K-5 Reduced Meal Prices:**  
\*Breakfast: \$0.30  
Lunch: \$0.40

\* The actual charge may be less, depending on funding

**Breakfast includes choice of:** Entrée, fruit & milk. Students must select a fruit/juice.

**Daily Breakfast Items:** • Assorted Milk • 100% Fruit Juice

**Additional Breakfast Options:** • Variety of Cereals w/ Mozzarella Stick *V* • Breakfast Box *V* • Pop-tart *V*.

**Lunch includes a choice of:** Entrée with grain/bread, 1-2 vegetables, 1-2 fruits & milk. Students must select a fruit and/or vegetable.

*V* Symbolizes the daily vegetarian entree option

**Daily Lunch Items:** • Assorted Milk • Entree Salad *V*  
• Smucker's PB&J Sandwich

**Additional Lunch Options:**  
• Yogurt Box *V* • Mozzarella String Cheese Box *V* • Fruit Parfait *V*  
• Hummus Box *V* • Peanut Butter Box *V*

**Milk Choices:** • Fat Free Unflavored, Strawberry, Chocolate, and Vanilla

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.

