

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 Breakfast Protein Packed Breakfast Boat *Other Options Available Diced Peaches Lunch Mini Corndog Nuggets Cheese ✓ / Pepperoni Pizza (sliced) Chicken Filet Sandwich Broccoli w/ Cheese Sauce Baby Carrots w/ Dip Diced Peaches Assorted Fresh Fruit	02 Breakfast Chicken Hash Brown Burrito *Other Options Available Diced Peaches Lunch Roasted Chicken Cheesy Meatloaf Three Cheese Calzone ✓ Southern Biscuit Wake Hash Brown Rounds Savory Green Beans Diced Pears Assorted Fresh Fruit	03 Breakfast Southern Steak Biscuit *Other Options Available Diced Pears Lunch Baked Ravioli ✓ (Meat Sauce Optional) Baked Chicken Nuggets Carnival Corndog Texas Toast Fresh Tossed Salad Steamed Carrots Diced Pears Assorted Fresh Fruit	04 Breakfast Blueberry Breakfast Corndog *Other Options Available Diced Pears Lunch Grilled Honey BBQ Rib Sandwich Turkey Nachos w/ Salsa ✓ <i>option available</i> Chicken Filet Sandwich Ranchero Pinto Beans Buttered Corn Strawberries Assorted Fresh Fruit	05 Breakfast Scrambled Eggs w/ Grits *Other Options Available Diced Strawberries Lunch Pork Chop Sandwich Beef or Turkey Hot Dog Personal Cheese ✓ / Pepperoni Pizza Creamy Coleslaw Savory Sweet Potato Wedges Mixed Fruit Assorted Fresh Fruit
08 Breakfast Turkey Sausage Pancake Stick *Other Options Available Mixed Fruit Lunch Wake Deli Sandwich Cheese ✓ / Pepperoni Pizza (sliced) Chicken Filet Sandwich Mixed Vegetables Fresh Tossed Salad Diced Pears Assorted Fresh Fruit	09 Breakfast Breakfast Burrito ✓ *Other Options Available Diced Pears Lunch Salisbury Steak Turkey Pot Pie Three Cheese Calzone ✓ WG Dinner Roll Mashed Potatoes w/ Gravy Savory Green Beans Frozen Slush Assorted Fresh Fruit	10 Breakfast Southern Chicken Filet Biscuit *Other Options Available Frozen Slush Lunch Baked Lasagna ✓ (Meat Sauce Optional) Baked Chicken Nuggets Carnival Corndog Texas Toast Garlic Sautéed Spinach Glazed Sweet Potatoes Diced Peaches Assorted Fresh Fruit	11 Breakfast Breakfast Pizza Bagel *Other Options Available Diced Peaches Lunch Garlic Flatbread Pizza ✓ Turkey Nachos w/ Salsa ✓ <i>option available</i> Chicken Filet Sandwich Black Beans Buttered Corn Mixed Fruit Assorted Fresh Fruit	12 Breakfast Turkey Bacon, Egg, & Cheese on Ciabatta *Other Options Available Mixed Fruit Lunch Hamburger / Cheeseburger Beef or Turkey Hot Dog Personal Cheese ✓ / Pepperoni Pizza Creamy Coleslaw Seasoned Fries Applesauce Assorted Fresh Fruit
15 Breakfast Breakfast Bites *Other Options Available Applesauce Lunch Chicken Filet Sandwich Cheese ✓ / Pepperoni Pizza (sliced) Carnival Corndog Baked Tater Tots Cucumber Cup w/ Dip Diced Pears Assorted Fresh Fruit	16 Breakfast Bacon & Cheese Breakfast Frittata *Other Options Available Diced Pears Lunch Teriyaki Beef Dippers Popcorn Chicken Three Cheese Calzone ✓ Steamed Brown Rice Stir-Fry Vegetables Frozen Smoothie Diced Peaches Assorted Fresh Fruit	17 Breakfast Southern Turkey Sausage Biscuit *Other Options Available Diced Peaches Lunch Creamy Mac-N-Cheese ✓ Baked Chicken Nuggets Carnival Corndog WG Dinner Roll Steamed Carrots Steamed Broccoli Mixed Fruit Assorted Fresh Fruit	18 Breakfast Southern Cheese Omelet Biscuit ✓ *Other Options Available Mixed Fruit Lunch Chicken Quesadilla Turkey Nachos w/ Salsa ✓ <i>option available</i> Chicken Filet Sandwich Vegetarian Refried Beans Fresh Tossed Salad Applesauce Assorted Fresh Fruit	19 Breakfast Wake Ring *Other Options Available Applesauce Lunch Juicy Stuffed Burger Beef or Turkey Hot Dog Personal Cheese ✓ / Pepperoni Pizza Creamy Coleslaw Bush's Baked Beans Diced Peaches Assorted Fresh Fruit
22 Breakfast Protein Packed Breakfast Boat *Other Options Available Diced Peaches Lunch Mini Corndog Nuggets Cheese ✓ / Pepperoni Pizza (sliced) Chicken Filet Sandwich Broccoli w/ Cheese Sauce Baby Carrots w/ Dip Diced Peaches Assorted Fresh Fruit	23 Breakfast Chicken Hash Brown Burrito *Other Options Available Diced Peaches Lunch Roasted Chicken Cheesy Meatloaf Three Cheese Calzone ✓ Southern Biscuit Wake Hash Brown Rounds Savory Green Beans Diced Pears Assorted Fresh Fruit	24 Breakfast Southern Steak Biscuit *Other Options Available Diced Pears Lunch Baked Ravioli ✓ (Meat Sauce Optional) Baked Chicken Nuggets Carnival Corndog Texas Toast Fresh Tossed Salad Steamed Carrots Diced Pears Assorted Fresh Fruit	25 Breakfast Blueberry Breakfast Corndog *Other Options Available Diced Pears Lunch Grilled Honey BBQ Rib Sandwich Turkey Nachos w/ Salsa ✓ <i>option available</i> Chicken Filet Sandwich Ranchero Pinto Beans Buttered Corn Strawberries Assorted Fresh Fruit	26 Breakfast Scrambled Eggs w/ Grits *Other Options Available Diced Strawberries Lunch Pork Chop Sandwich Beef or Turkey Hot Dog Personal Cheese ✓ / Pepperoni Pizza Creamy Coleslaw Savory Sweet Potato Wedges Mixed Fruit Assorted Fresh Fruit
29 Breakfast Turkey Sausage Pancake Stick *Other Options Available Mixed Fruit Lunch Wake Deli Sandwich Cheese ✓ / Pepperoni Pizza (sliced) Chicken Filet Sandwich Mixed Vegetables Fresh Tossed Salad Diced Pears Assorted Fresh Fruit	30 Breakfast Breakfast Burrito ✓ *Other Options Available Diced Pears Halloween Lunch Cheesy Spooky Spud (Baked Potato) Terrifying Texas Toast Scary Sandwich (Wake Deli Sandwich) Carnival Corndog Boo Broccoli (try it in your potato!) Trick or Treat Tomato Soup Diced Peaches Assorted Fresh Fruit	31 HAPPY HALLOWEEN! Breakfast Southern Chicken Filet Biscuit *Other Options Available Frozen Slush Lunch Baked Lasagna ✓ (Meat Sauce Optional) Baked Chicken Nuggets Carnival Corndog Texas Toast Garlic Sautéed Spinach Glazed Sweet Potatoes Diced Peaches Assorted Fresh Fruit	 National School Lunch Week October 15-19, 2018 #NSLW18 #schoollunch #lots2love	

USDA Non-discrimination statement: <http://childnutrition.ncpublicschools.gov/information-resources/civil-rights/usda-non-discrimination-statement>

October 2018 | MENU

Wake County Public School System

6-8 Breakfast & Lunch Menu

Farm to School

Sites will receive fresh NC apples the week of October 8

6-8 Paid Meal Prices:

Breakfast: \$1.50

Lunch: \$2.80

Adults: A la Carte Pricing

6-8 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 • Fresh Fruits

Additional Breakfast Options: • Variety of Cereals w/ Mozzarella Stick • Breakfast Box • Pop-Tart

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

✓ Symbolizes the daily vegetarian entree option

Daily Lunch Items: • Assorted Milk • Chef Salad • Smucker's PB&J Sandwich • 100% Fresh Fruit Juice

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

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.

 **WAKE COUNTY**
PUBLIC SCHOOL SYSTEM

Child Nutrition Services