

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 Holiday  Labor Day	04 Breakfast Bacon & Cheese Breakfast Frittata *Other Options Available Diced Peaches Lunch Teriyaki Beef Dippers Domino's Pizza ✓ Chicken Filet Sandwich Entrée Salad ✓ Steamed Brown Rice Stir-Fry Vegetables Frozen Smoothie Diced Peaches Assorted Fresh Fruit	05 Breakfast Southern Turkey Sausage Biscuit *Other Options Available Diced Peaches Lunch Creamy Mac-N-Cheese ✓ Domino's Pizza ✓ Chicken Filet Sandwich Entrée Salad ✓ WG Dinner Roll Steamed Carrots Steamed Broccoli Mixed Fruit Assorted Fresh Fruit	06 Breakfast Southern Cheese Omelet Biscuit ✓ *Other Options Available Mixed Fruit Lunch Grab n' Go Beef Nachos w/ Salsa ✓ <i>option available</i> Domino's Pizza ✓ Chicken Filet Sandwich Entrée Salad ✓ Vegetarian Refried Beans Fresh Tossed Salad Applesauce Assorted Fresh Fruit	07 Breakfast Wake Ring *Other Options Available Applesauce Lunch Baked Chicken Tenders Domino's Pizza ✓ Chicken Filet Sandwich Entrée Salad ✓ WG Dinner Roll Creamy Coleslaw Savory Green Beans Diced Peaches Assorted Fresh Fruit
10 Breakfast Protein Packed Breakfast Boat *Other Options Available Diced Peaches Lunch Carnival Corndog Domino's Pizza ✓ Chicken Filet Sandwich Entrée Salad ✓ Broccoli w/ Cheese Sauce Baby Carrots w/ Dip Diced Peaches Assorted Fresh Fruit	11 Breakfast Chicken Hash Brown Burrito *Other Options Available Diced Peaches Lunch Roasted Chicken Domino's Pizza ✓ Chicken Filet Sandwich Entrée Salad ✓ Southern Biscuit Wake Hash Brown Rounds Savory Green Beans Diced Peaches Assorted Fresh Fruit	12 Breakfast Southern Steak Biscuit *Other Options Available Diced Peaches Lunch Spaghetti ✓ <i>option available</i> (Meat Sauce Optional) Domino's Pizza ✓ Chicken Filet Sandwich Entrée Salad ✓ Texas Toast Fresh Tossed Salad Steamed Carrots Diced Peaches Assorted Fresh Fruit	13 Breakfast Blueberry Breakfast Corndog *Other Options Available Diced Peaches Lunch Grilled Honey BBQ Rib Sandwich Domino's Pizza ✓ Chicken Filet Sandwich Entrée Salad ✓ Ranchero Pinto Beans Buttered Corn Diced Strawberries Assorted Fresh Fruit	14 Breakfast Scrambled Eggs w/ Grits *Other Options Available Diced Strawberries Lunch Beef or Turkey Hot Dog Domino's Pizza ✓ Chicken Filet Sandwich Entrée Salad ✓ Creamy Coleslaw Savory Sweet Potato Wedges Mixed Fruit Assorted Fresh Fruit
17 Breakfast Turkey Sausage Pancake Stick *Other Options Available Mixed Fruit Lunch Wake Deli Sub Sandwich Domino's Pizza ✓ Chicken Filet Sandwich Entrée Salad ✓ Mixed Vegetables Fresh Tossed Salad Diced Peaches Assorted Fresh Fruit	18 Breakfast Breakfast Burrito ✓ *Other Options Available Diced Peaches Lunch Cheesy Meatloaf Domino's Pizza ✓ Chicken Filet Sandwich Entrée Salad ✓ WG Dinner Roll Mashed Potatoes w/ Gravy Savory Green Beans Cool Tropics Frozen Slush Assorted Fresh Fruit	19 Breakfast Southern Chicken Filet Biscuit *Other Options Available Cool Tropics Frozen Slush Lunch Baked Lasagna ✓ (Meat Sauce Optional) Domino's Pizza ✓ Chicken Filet Sandwich Entrée Salad ✓ Texas Toast Garlic Sautéed Spinach Glazed Sweet Potatoes Diced Peaches Assorted Fresh Fruit	20 Breakfast Breakfast Pizza Bagel *Other Options Available Diced Peaches Lunch Grab n' Go Beef Nachos w/ Salsa ✓ <i>option available</i> Domino's Pizza ✓ Chicken Filet Sandwich Entrée Salad ✓ Black Beans Buttered Corn Mixed Fruit Assorted Fresh Fruit	21 Breakfast Turkey Bacon, Egg, & Cheese on Ciabatta *Other Options Available Mixed Fruit Lunch Hamburger / Cheeseburger Domino's Pizza ✓ Chicken Filet Sandwich Entrée Salad ✓ Creamy Coleslaw Seasoned Fries Applesauce Assorted Fresh Fruit
24 Breakfast Breakfast Bites *Other Options Available Applesauce Lunch Pork Chop Sandwich Domino's Pizza ✓ Chicken Filet Sandwich Entrée Salad ✓ Baked Tater Tots Cucumber Cup w/ Dip Diced Peaches Assorted Fresh Fruit	25 Breakfast Bacon & Cheese Breakfast Frittata *Other Options Available Diced Peaches Lunch Teriyaki Beef Dippers Domino's Pizza ✓ Chicken Filet Sandwich Entrée Salad ✓ Steamed Brown Rice Stir-Fry Vegetables Frozen Smoothie Diced Peaches Assorted Fresh Fruit	26 Breakfast Southern Turkey Sausage Biscuit *Other Options Available Diced Peaches Lunch Creamy Mac-N-Cheese ✓ Domino's Pizza ✓ Chicken Filet Sandwich Entrée Salad ✓ WG Dinner Roll Steamed Carrots Steamed Broccoli Mixed Fruit Assorted Fresh Fruit	27 Breakfast Southern Cheese Omelet Biscuit ✓ *Other Options Available Mixed Fruit Lunch Grab n' Go Beef Nachos w/ Salsa ✓ <i>option available</i> Domino's Pizza ✓ Chicken Filet Sandwich Entrée Salad ✓ Vegetarian Refried Beans Fresh Tossed Salad Applesauce Assorted Fresh Fruit	28 Breakfast Wake Ring *Other Options Available Applesauce Lunch Baked Chicken Tenders Domino's Pizza ✓ Chicken Filet Sandwich Entrée Salad ✓ WG Dinner Roll Creamy Coleslaw Savory Green Beans Diced Peaches Assorted Fresh Fruit

September 2018 | MENU

Wake County Public School System 9-12 Breakfast & Lunch Menu

Farm to School

Watermelons will be delivered to sites the week of September 10th.

9-12 Paid Meal Prices:

Breakfast: \$1.50
Lunch: \$2.80
Adults: A la Carte Pricing

9-12 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
• 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: • Fruit Parfait • Hummus 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.

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



**WAKE COUNTY
PUBLIC SCHOOL SYSTEM**

Child Nutrition Services