

# September 2018 | MENU

## Wake County Public School System K-5 Breakfast & Lunch Menu

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

### Farm to School

Watermelons will be delivered to sites the week of September 10<sup>th</sup>.

### 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 • Fresh Fruits

**Additional Breakfast Options** • Variety of Cereals  
• Breakfast Boxes • Pop-tart.

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

✓ Symbolizes the daily vegetarian entree option

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

**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