

January 2020 | MENU

Wake County Public School System

K-5 Breakfast & Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01 	02 Breakfast Manager's Choice Lunch Manager's Choice	03 Breakfast Manager's Choice Lunch Manager's Choice
06 Breakfast Skillet Frittata Diced Peaches Lunch Vegetarian Fried Rice ✓ Cheese V/Pepperoni Pizza General Tso's Chicken "Fried" Rice V Steamed Broccoli V Asian Style Stir Fry Veggies V Mixed Fruit	07 Breakfast Mini Maple Pancakes Mixed Fruit Lunch Spicy Black Bean Burger V Hamburger/Cheeseburger Chicken & Waffles Steamed Carrots V Baked Waffle Cut French Fries V Diced Peaches	08 Breakfast Turkey Sausage Biscuit Baked Chicken Nuggets Diced Peaches Lunch Pasta Primavera V Baked Chicken Nuggets Macaroni & Cheese V WG Dinner Roll Garlic Green Beans V Mixed Veggies V Applesauce	09 Breakfast Glazed French Toast Sticks V Applesauce Lunch Vegetarian Nachos V Beef Nachos Pork Carnitas Salsa V Spicy Black Beans V Buttered Corn V Mixed Fruit	10 Breakfast Protein Packed Breakfast Boat Mixed Fruit Lunch Vegetarian Chili with Crackers V Turkey Hot Dog w/ Chili Spicy Chicken Gyro Fresh Sliced Cucumbers V Baked Sweet Potato French Fries V Diced Peaches
13 Breakfast Canadian Bacon, Egg & Cheese on Ciabatta Mixed Fruit Lunch Vegetarian Fried Rice V Cheese V/Pepperoni Pizza Sriracha Honey Chicken W/ Chow Mein Steamed Broccoli V Ginger Glazed Carrots V Diced Peaches	14 Breakfast Glazed French Toast Sticks V Diced Peaches Lunch Spicy Black Bean Burger V Hamburger/Cheeseburger Turkey Pot Pie Southern Biscuit Mixed Veggies V Fresh Tossed Salad V Diced Peaches	15 Breakfast Breakfast Pizza Bagel Diced Peaches Lunch Pasta Primavera V Baked Chicken Nuggets Wild Mike's Cheese Bites V Texas Toast Marinara V Savory Green Beans V Applesauce	16 Breakfast Jumbo Waffle with Turkey Sausage Cinnamon Baked Apples Lunch Vegetarian Nachos V Beef Nachos Buffalo Chicken Nachos Salsa V Spicy Black Beans V Shredded Lettuce & Tomato V Mixed Fruit	17 Breakfast Breakfast Bowl Mixed Fruit Lunch Vegetarian Chili with Crackers V Turkey Hot Dog w/ Chili Juicy Stuffed Burger Baby Carrots w/ Dip V Baked Spiral Cut French Fries V Diced Peaches
20 	21 Breakfast Glazed French Toast Sticks V Applesauce Lunch Spicy Black Bean Burger V Hamburger/Cheeseburger Gourmet Grilled Ham & Cheese Panini Minestrone Soup V Savory Green Beans V Mixed Fruit	22 Breakfast Wake Breakfast Platter Mixed Fruit Lunch Pasta Primavera V Baked Chicken Nuggets Baked Chicken Parmesan over Spaghetti WG Texas Toast Broccoli with Cheese Sauce V Steamed Carrots V Diced Peaches	23 Breakfast Soft Baked Cinnamon Toast Crunch Bar V Diced Peaches Lunch Vegetarian Nachos V Beef Nachos Fiesta Pizza Salsa V Spicy Pinto Beans V Fresh Tossed Salad V Diced Peaches	24 Breakfast Southern Chicken Filet Biscuit Diced Peaches Lunch Vegetarian Chili with Crackers V Turkey Hot Dog w/ Chili Popcorn Chicken & Potato Bowl Squash Casserole V Baked Crinkle Cut French Fries V Mixed Fruit
27 Breakfast Skillet Frittata Diced Peaches Lunch Vegetarian Fried Rice V Cheese V/Pepperoni Pizza General Tso's Chicken "Fried" Rice V Steamed Broccoli V Asian Style Stir Fry Veggies V Mixed Fruit	28 Breakfast Mini Maple Pancakes Mixed Fruit Lunch Spicy Black Bean Burger V Hamburger/Cheeseburger Chicken & Waffles Steamed Carrots V Baked Waffle Cut French Fries V Diced Peaches	29 Breakfast Turkey Sausage Biscuit Diced Peaches Lunch Pasta Primavera V Baked Chicken Nuggets Macaroni & Cheese V WG Dinner Roll Garlic Green Beans V Mixed Veggies V Applesauce	30 Breakfast Glazed French Toast Sticks V Applesauce Lunch Vegetarian Nachos V Beef Nachos Pork Carnitas Salsa V Spicy Black Beans V Buttered Corn V Mixed Fruit	31 Breakfast DONUT DAY! Mixed Fruit Lunch Vegetarian Chili with Crackers V Turkey Hot Dog w/ Chili Spicy Chicken Gyro Fresh Sliced Cucumbers V Baked Sweet Potato French Fries V Diced Peaches

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

K-5 Paid Meal Prices:
Breakfast: \$1.25
Lunch: \$2.75
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 • Fresh Fruit • 100% Fruit Juice

Additional Breakfast Options: • Variety of Cereals V • Breakfast Box V • Pop-tart V • Protein Box

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 options

Daily Lunch Items: • Assorted Milk • Fresh Fruit • Entree Salad V
Option Available • PB&J Sandwich V

Additional Lunch Options:

• Yogurt Box V • Mozzarella String Cheese Box V • Fruit Parfait V
• Hummus Box V • Peanut Butter Box V • Ants on a Log 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.



WAKE COUNTY
PUBLIC SCHOOL SYSTEM

Child Nutrition Services

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