

October 2012 WAKE COUNTY PUBLIC SCHOOLS ELEMENTARY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p style="text-align: center;">Sausage Biscuit *New* Cereal</p> <p>Pork Pepperoni Pizza Cheese Filled Ravioli Seasoned Whole Kernel Corn</p> <p style="text-align: center;">Glazed Carrots</p> <p>Applesauce Seasonal Fresh Fruit</p>	<p>2</p> <p style="text-align: center;">Cinnamon Bun Sausage Pancake on a Stick</p> <p>Chicken Nuggets Yogurt, Fruit, & Granola Parfait Whipped Potatoes w/ Gravy</p> <p style="text-align: center;">Tossed Salad</p> <p>Pears Seasonal Fresh Fruit</p>	<p>3</p> <p style="text-align: center;">Chicken Biscuit Fruit Muffin</p> <p>Teriyaki Chicken w/Steamed Rice Turkey Ham & Cheese Wrap</p> <p style="text-align: center;">Spicy Pinto Beans</p> <p>Fresh Baby Carrots w/Dip</p> <p>Pineapple Seasonal Fresh Fruit</p>	<p>4</p> <p style="text-align: center;">Scrambled Eggs with Biscuit Mini Pancakes with Syrup</p> <p>Corndog Tex Mex Tacos with Chips Shredded Lettuce & Diced Tomato</p> <p style="text-align: center;">Broccoli With Cheese Sauce</p> <p>Peaches Seasonal Fresh Fruit</p>	<p>5</p> <p style="text-align: center;">Egg and Cheese Biscuit French Toast Sticks with Syrup</p> <p>Hot Dog on Bun with Chili Chicken BBQ on Bun</p> <p style="text-align: center;">Baked Beans</p> <p>Creamy Coleslaw Oven Baked French Fries Tropical Fruit</p>
<p>8</p> <p style="text-align: center;">Sausage Biscuit *New* Cereal</p> <p>Pork Pepperoni Pizza Toasted Cheese Sandwich</p> <p style="text-align: center;">Tossed Salad</p> <p style="text-align: center;">Fresh Baby Carrots with Dip</p> <p>Apple Crisp Seasonal Fresh Fruit</p>	<p>9</p> <p>Turkey Sausage & Gravy Breakfast Pizza Cheese Omelet with Biscuit</p> <p>Southwestern Turkey Wrap Spaghetti w/Meatsauce Seasoned Green Beans</p> <p style="text-align: center;">Seasoned Pinto Beans</p> <p>Pineapple Seasonal Fresh Fruit</p>	<p>10</p> <p style="text-align: center;">Chicken Biscuit Bagel with Cream Cheese</p> <p>Broccoli and Cheese Quiche Chicken Tenders w/Breadstick Seasoned Garden Peas Whipped Potatoes w/Gravy Gelatin with Fruit Seasonal Fresh Fruit</p>	<p>11</p> <p style="text-align: center;">Turkey Sausage Breakfast Bagel Cinnamon Bun</p> <p>Corn Dog Nuggets Macaroni & Cheese Seasoned Whole Kernel Corn</p> <p style="text-align: center;">Seasoned Spinach</p> <p>Pears Seasonal Fresh Fruit</p>	<p>12</p> <p style="text-align: center;">Egg Biscuit Blueberry or Cinnamon Waffle w/ Syrup</p> <p>Hot Dog on Bun with Chili Tuna Salad w/Crackers</p> <p style="text-align: center;">Baked Beans</p> <p>Creamy Coleslaw</p> <p style="text-align: center;">Oven Baked Sweet Potato Fries</p> <p>Tropical Fruit</p>
<p>15</p> <p style="text-align: center;">Sausage Biscuit *New* Cereal</p> <p>Pork Pepperoni Pizza Vegetarian Hot Pocket</p> <p style="text-align: center;">Spicy Pinto Beans</p> <p style="text-align: center;">Fresh Baby Carrots with Dip</p> <p>Applesauce Seasonal Fresh Fruit</p>	<p>16</p> <p style="text-align: center;">Whole Grain Mini Cinnamon Rolls Sausage Pancake on a Stick</p> <p>Italian Beef-a-Roni Chicken Nuggets</p> <p style="text-align: center;">Tossed Salad</p> <p style="text-align: center;">Broccoli with Cheese Sauce</p> <p>Peaches Seasonal Fresh Fruit</p>	<p>17</p> <p style="text-align: center;">Chicken Biscuit Fruit Muffin</p> <p>Cheese Dunkers with Marinara Sauce Chicken Chef Salad w/Crackers Seasoned Garden Peas Seasoned Whole Kernel Corn Pears Seasonal Fresh Fruit</p>	<p>18</p> <p style="text-align: center;">Pork Sausage Breakfast Pizza Mini Pancakes with Syrup</p> <p>Hamburger on Bun Mini Cheese Pizza Bagels Lettuce, Tomato, Pickle</p> <p style="text-align: center;">Glazed Carrots</p> <p>Mixed Fruit Seasonal Fresh Fruit</p>	<p>19</p> <p style="text-align: center;">Egg and Cheese Biscuit French Toast Sticks with Syrup</p> <p>Hot Dog on Bun with Chili Fish Nuggets</p> <p style="text-align: center;">Baked Beans</p> <p>Creamy Coleslaw Oven Baked French Fries Pineapple</p>
<p>22</p> <p style="text-align: center;">Sausage Biscuit *New* Cereal</p> <p>Cheese Pizza Corn Dog Nuggets</p> <p style="text-align: center;">Tossed Salad</p> <p>Seasoned Garden Peas Applesauce Seasonal Fresh Fruit</p>	<p>23</p> <p style="text-align: center;">Bacon Scramble Breakfast Pizza Scrambled Eggs with Biscuit</p> <p>Chicken Nuggets Spaghetti w/Meatsauce Seasoned Whole Kernel Corn</p> <p style="text-align: center;">Fresh Baby Carrots with Dip</p> <p>Mixed Fruit Seasonal Fresh Fruit</p>	<p>24</p> <p style="text-align: center;">Chicken Biscuit Bagel with Cream Cheese</p> <p>Spinach & Cheese Quiche Oven Roasted Chicken w/Breadstick</p> <p style="text-align: center;">Seasoned Broccoli Florets</p> <p style="text-align: center;">Tossed Salad</p> <p>Apple Crisp Seasonal Fresh Fruit</p>	<p>25</p> <p style="text-align: center;">Blueberry or Cinnamon Waffle w/ Syrup Cinnamon Coffee Cake</p> <p>Breakfast for Lunch Cheese Dunkers with Marinara Sauce</p> <p style="text-align: center;">Seasoned Pinto Beans</p> <p>Oven Baked Potato Rounds Peaches Seasonal Fresh Fruit</p>	<p>26</p> <p style="text-align: center;">Egg Biscuit French Toast Sticks with Syrup</p> <p>Hot Dog on Bun with Chili Macaroni and Cheese</p> <p style="text-align: center;">Baked Beans</p> <p>Creamy Coleslaw</p> <p style="text-align: center;">Oven Baked Sweet Potato Tots</p> <p>Tropical Fruit</p>
<p>29</p> <p style="text-align: center;">Sausage Biscuit *New* Cereal</p> <p>Pork Pepperoni Pizza Tuna Salad w/Crackers Seasoned Whole Kernel Corn</p> <p style="text-align: center;">Glazed Carrots</p> <p>Applesauce Seasonal Fresh Fruit</p>	<p>30</p> <p style="text-align: center;">Cinnamon Bun Sausage Pancake on a Stick</p> <p>Chicken Nuggets Yogurt, Fruit, & Granola Parfait Whipped Potatoes w/ Gravy</p> <p style="text-align: center;">Tossed Salad</p> <p>Pears Seasonal Fresh Fruit</p>	<p>31</p> <p style="text-align: center;">Chicken Biscuit Fruit Muffin</p> <p>Teriyaki Chicken w/Steamed Rice Turkey Ham & Cheese Wrap</p> <p style="text-align: center;">Spicy Pinto Beans</p> <p style="text-align: center;">Fresh Baby Carrots w/Dip</p> <p>Strawberry Cup Seasonal Fresh Fruit</p>	<p>1</p> <p style="text-align: center;">Scrambled Eggs with Biscuit Mini Pancakes with Syrup</p> <p>Corndog Tex Mex Tacos with Chips Shredded Lettuce & Diced Tomato</p> <p style="text-align: center;">Broccoli With Cheese Sauce</p> <p>Peaches Seasonal Fresh Fruit</p>	<p>2</p> <p style="text-align: center;">Egg and Cheese Biscuit French Toast Sticks with Syrup</p> <p>Hot Dog on Bun with Chili Chicken BBQ on Bun</p> <p style="text-align: center;">Baked Beans</p> <p>Creamy Coleslaw Oven Baked French Fries Pineapple</p>

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