

## FEBRUARY 2012 WAKE COUNTY PUBLIC SCHOOLS MIDDLE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Assorted fruit or fruit juice available daily at breakfast. Plain skim and flavored fat free milks offered available daily. Assorted chef salads, chicken sandwiches, peanut butter and jelly uncrustable, yogurt and fruit parfait, and hummus with vegetables available at lunch. Menu subject to change due to product availability	1 Chicken Biscuit Bagel with Cream Cheese  Hamburger on Bun Macaroni and Cheese with Roll Lettuce, Tomato, Pickle Oven Baked Potato Wedges Apple Crisp Fresh Fruit	2 Blueberry or Cinnamon Waffle w/ Syrup Cinnamon Coffee Cake  Hot Ham and Cheese Sandwich Tex Mex Tacos with Chips or Soft Shell Shredded Lettuce & Diced Tomatoes Seasoned Vegetable Blend Chilled Peaches Fresh Fruit	3 Egg Biscuit Whole Grain Mini Cinnamon Rolls  Double Hot Dogs on Bun with Chili NC Chicken BBQ on Bun Baked Beans Creamy Coleslaw Oven Baked Sweet Potato Fries Chilled Pineapple
6 Sausage Biscuit Cereal with String Cheese  Stuffed Crust Pizza Grilled Chicken Sandwich Seasoned Whole Kernel Corn Seasoned Spinach Cinnamon Applesauce Fresh Fruit	7 Cinnamon Bun Sausage Pancake on a Stick  Manager's Choice Entrée Lasagna Roll with Breadstick Seasoned Broccoli Florets Fresh Baby Carrots with Dip Chilled Pears Fresh Fruit	8 Chicken Biscuit Fruit Muffin  Cheese Dunkers with Marinara Sauce Chicken Tenders with Roll Seasoned Garden Peas Seasoned Carrots Gelatin with Fruit Fresh Fruit	9 Turkey Sausage Breakfast Bagel Mini Pancakes with Syrup  Corn Dog Nuggets Toasted Cheese Sandwich Seasoned Green Beans Vegetable Soup Chilled Tropical Fruit Fresh Fruit	10 Egg and Cheese Biscuit French Toast Sticks with Syrup  Double Hot Dogs on Bun with Chili Fish Filet with Cheese Sandwich Baked Beans Creamy Coleslaw Oven Baked Fries Chilled Pineapple
13 Sausage Biscuit Cereal with String Cheese  Mini Cheese Pizza Bagels Chicken Nuggets with Breadstick Seasoned Vegetable Blend Glazed Carrots Chilled Applesauce Fresh Fruit	14 Pork Sausage Breakfast Pizza Cheese Omelet with Biscuit  Cheeseburger on Bun Oven Roasted Chicken with Roll Whipped Potatoes with Gravy Seasoned Green Beans Chilled Pears Fresh Fruit	15 Chicken Biscuit Bagel with Cream Cheese  Manager's Choice Entrée Vegetarian Hot Pocket w/ Marinara Seasoned Whole Kernel Corn Seasoned Broccoli Florets Baked Potato Wedges Fresh Fruit	16 Scrambled Eggs with Biscuit Cinnamon Coffee Cake  Chicken Sandwich Cheese Filled Ravioli with Breadstick Tossed Salad Seasoned Spinach Baked Apples Fresh Fruit	17 Egg Biscuit Blueberry or Cinnamon Waffle w/ Syrup  Double Hot Dogs on Bun with Chili NC Chicken BBQ on Bun Baked Beans Creamy Coleslaw Oven Baked Sweet Potato Fries Chilled Tropical Fruit
20 Sausage Biscuit Cereal with String Cheese  Pork Pepperoni or Vegetable Pizza Corn Dog Nuggets Fresh Baby Carrots with Dip Seasoned Garden Peas Chilled Pears Fresh Fruit	21 Whole Grain Mini Cinnamon Rolls Sausage Pancake on a Stick  Chicken Tenders with Breadstick Italian Beef-a-Roni with Breadstick Tossed Salad Seasoned Green Beans Chilled Mixed Fruit Fresh Fruit	22 Chicken Biscuit Fruit Muffin  Cheese Dunkers with Marinara Sauce Tex Mex Tacos with Chips or Soft Shell Shredded Lettuce & Diced Tomatoes Seasoned Whole Kernel Corn Seasoned Black EyePeas Fresh Fruit	23 Turkey Sausage Breakfast Bagel Mini Pancakes with Syrup  Teriyaki Chicken with Steamed Rice Lasagna Roll with Breadstick Glazed Carrots Seasoned Broccoli Florets Chilled Peaches Fresh Fruit	24 Egg and Cheese Biscuit Whole Grain Apple Roll  Double Hot Dogs on Bun with Chili Seafood Platter with Corn Muffin Baked Beans Creamy Coleslaw Oven Baked Fries Chilled Pineapple
27 Sausage Biscuit Cereal with String Cheese  Stuffed Crust Pizza Breakfast for Lunch Seasoned Whole Kernel Corn Oven Baked Potato Rounds Cinnamon Applesauce Fresh Fruit	28 Pork Sausage Breakfast Pizza Cheese Omelet with Biscuit  Cheese Dunkers with Marinara Sauce Spinach and Cheese Quiche with Corn Muffin Baked Potato Glazed Carrots Chilled Pears Fresh Fruit	29 Chicken Biscuit Bagel with Cream Cheese  Meatball Sub Macaroni and Cheese with Roll Seasoned Green Beans Oven Baked Potato Wedges Apple Crisp Fresh Fruit	1 Scrambled Eggs with Biscuit Cinnamon Coffee Cake  Chicken Sandwich Tex Mex Tacos with Chips or Soft Shell Shredded Lettuce & Diced Tomatoes Seasoned Vegetable Blend Chilled Peaches Fresh Fruit	2 Egg Biscuit Whole Grain Mini Cinnamon Rolls  Double Hot Dogs on Bun with Chili NC Chicken BBQ on Bun Baked Beans Creamy Coleslaw Oven Baked Sweet Potato Fries Chilled Pineapple

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