

March 2012 WAKE COUNTY PUBLIC SCHOOLS MIDDLE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Assorted fruit or fruit juice available daily at breakfast. Plain skim and flavored fat free milks available daily.</p> <p>Assorted chef salads, peanut butter and jelly uncrustable, yogurt and fruit parfait, and hummus with vegetables available at lunch.</p> <p>Menu subject to change due to product availability.</p>		<p>1</p> <p>Scrambled Eggs with Biscuit Cinnamon Coffee Cake</p> <p>Chicken Sandwich Tex Mex Tacos with Chips or Soft Shell Shredded Lettuce & Diced Tomatoes Seasoned Vegetable Blend Chilled Peaches Fresh Fruit</p>	<p>2</p> <p>Egg Biscuit Whole Grain Mini Cinnamon Rolls</p> <p>Double Hot Dogs on Bun with Chili NC Chicken BBQ on Bun Baked Beans Creamy Coleslaw Oven Baked Sweet Potato Fries Chilled Pineapple</p>
<p>5</p> <p>Sausage Biscuit Cereal with String Cheese</p> <p>Stuffed Crust Pizza Grilled Chicken Sandwich Seasoned Whole Kernel Corn Seasoned Spinach Cinnamon Applesauce Fresh Fruit</p>	<p>6</p> <p>Cinnamon Bun Sausage Pancake on a Stick</p> <p>Corn Dog Nuggets Spaghetti with Meatsauce with Breadstick Seasoned Broccoli Florets Fresh Baby Carrots with Dip Chilled Pears Fresh Fruit</p> <p style="color: red; text-align: center;">National School Breakfast Week - Go for the Gold</p>	<p>7</p> <p>Chicken Biscuit Fruit Muffin</p> <p>Cheese Dunkers with Marinara Sauce Chicken Tenders with Roll Seasoned Garden Peas Seasoned Carrots Gelatin with Fruit Fresh Fruit</p>	<p>8</p> <p>Turkey Sausage Breakfast Bagel Mini Pancakes with Syrup</p> <p>Oven Roasted Chicken with Roll Cheeseburger on Bun Seasoned Green Beans Whipped Potatoes with Gravy Chilled Tropical Fruit Fresh Fruit</p>	<p>9</p> <p>Egg and Cheese Biscuit French Toast Sticks with Syrup</p> <p>Double Hot Dogs on Bun with Chili Seafood Platter with Corn Muffin Baked Beans Creamy Coleslaw Oven Baked Fries Chilled Pineapple</p>
<p>12</p> <p>Sausage Biscuit Whole Grain Apple Roll</p> <p>Pork Pepperoni Pizza Chicken Nuggets with Breadstick Seasoned Vegetable Blend Glazed Carrots Chilled Applesauce Fresh Fruit</p>	<p>13</p> <p>Sausage Pancake on a Stick Fruit Muffin</p> <p>Hamburger on Bun Toasted Cheese Sandwich Oven Baked Potato Wedges Seasoned Spinach Chilled Pears Fresh Fruit</p>	<p>14</p> <p>Chicken Biscuit Bagel with Cream Cheese</p> <p>Macaroni and Cheese with Roll Vegetarian Hot Pocket w/ Marinara Seasoned Whole Kernel Corn Seasoned Broccoli Florets Chilled Peaches Fresh Fruit</p>	<p>15</p> <p>Pork Sausage Breakfast Pizza Cinnamon Bun</p> <p>Chicken Sandwich Cheese Filled Ravioli with Breadstick Tossed Salad Seasoned Green Beans Baked Apples Fresh Fruit</p>	<p>16</p> <p>Egg Biscuit Blueberry or Cinnamon Waffle w/ Syrup</p> <p>Double Hot Dogs on Bun with Chili Tuna Salad on a Bagel Baked Beans Creamy Coleslaw Oven Baked Sweet Potato Fries Chilled Tropical Fruit</p>
<p>19</p> <p>Sausage Biscuit Whole Grain Apple Roll</p> <p>Cheese Pizza Corn Dog Nuggets Fresh Baby Carrots with Dip Seasoned Garden Peas Chilled Pears Fresh Fruit</p>	<p>20</p> <p>Whole Grain Mini Cinnamon Rolls Sausage Pancake on a Stick</p> <p>Chicken Nuggets with Breadstick Italian Beef-a-Roni with Breadstick Tossed Salad Seasoned Green Beans Chilled Mixed Fruit Fresh Fruit</p>	<p>21</p> <p>Chicken Biscuit Fruit Muffin</p> <p>Cheese Dunkers with Marinara Sauce Tex Mex Tacos with Chips or Soft Shell Shredded Lettuce & Diced Tomatoes Seasoned Whole Kernel Corn Chilled Pears Fresh Fruit</p>	<p>22</p> <p>Turkey Sausage Breakfast Bagel Mini Pancakes with Syrup</p> <p>Chicken Sandwich Lasagna Roll with Breadstick Glazed Carrots Seasoned Broccoli Florets Chilled Peaches Fresh Fruit</p>	<p>23</p> <p>Egg and Cheese Biscuit Cinnamon Bun</p> <p>Double Hot Dogs on Bun with Chili Fish Filet Sandwich Baked Beans Creamy Coleslaw Oven Baked Fries Chilled Pineapple</p>
<p>26</p> <p>Sausage Biscuit Cereal with String Cheese</p> <p>Stuffed Crust Pizza Breakfast for Lunch Seasoned Whole Kernel Corn Oven Baked Potato Rounds Cinnamon Applesauce Fresh Fruit</p>	<p>27</p> <p>Pork Sausage Breakfast Pizza Cheese Omelet with Biscuit</p> <p>Cheese Dunkers with Marinara Sauce Broccoli and Cheese Quiche with Corn Muffin Seasoned Green Beans Glazed Carrots Chilled Pears Fresh Fruit</p>	<p>28</p> <p>Chicken Biscuit Bagel with Cream Cheese</p> <p>Meatball Sub Macaroni and Cheese with Roll Seasoned Garden Peas Tossed Salad Apple Crisp Fresh Fruit</p>	<p>29</p> <p>Blueberry or Cinnamon Waffle w/ Syrup Cinnamon Coffee Cake</p> <p>NC Chicken BBQ on Bun Tex Mex Tacos with Chips or Soft Shell Shredded Lettuce & Diced Tomatoes Seasoned Vegetable Blend Chilled Peaches Fresh Fruit</p>	<p>30</p> <p>Egg Biscuit Whole Grain Mini Cinnamon Rolls</p> <p>Double Hot Dogs on Bun with Chili Toasted Cheese Sandwich Baked Beans Creamy Coleslaw Oven Baked Sweet Potato Fries Chilled Pineapple</p>

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