

Week One Cycle Menu: February 13 - 17

Data is based on most up-to-date available to CNS. Ingredients are subject to change based on supplier availability, delivery schedule, etc.

Monday Breakfast & Lunch:

Product:	CHO:
Mini Choc. Chip French Toast Sticks	35
Turkey Bacon, Egg, and Cheese Biscuit	Turkey Bacon: 0 Egg Patty: 1 Cheese: 1 Biscuit: 23
Pineapple Tidbits	22
Teriyaki Beef Dippers	6
Seasoned Brown Rice	36
Cheese Pizza (4x6)	30
Pepperoni Pizza (4x6)	29
Cheese Pizza (wedge) at Middle Schools	29
Pepperoni Pizza (wedge) at Middle Schools	29
Chicken Filet Sandwich (7516) (Middle Schools)	Bun: 27 Chicken Patty: 16
Buffalo Chicken Wings at High Schools	4
Biscuit at High Schools	23
Oriental Stir Fry Vegetables	3
Ginger Glazed Carrots	8
Mandarin Oranges	20
Assorted Fresh Fruit	Apple: 25 Banana: 27 Orange: 11

Tuesday Breakfast & Lunch:

Turkey Sausage Pancake Stick	17
PB&J Breakfast Sandwich	35
Mandarin Oranges	20
Wake Deli Hoagie	Hoagie: 29 Deli Meat: 4 Cheese: 2
Hamburger	Bun: 27 Burger: 0
Cheeseburger	Bun: 27 Burger: 0 Cheese: 1
Chicken Filet Sandwich (7516) (Middle Schools)	Bun: 27 Chicken Patty: 16
Personal Round Meat Lover's Pizza	30
Mixed Vegetables (PLAIN)	13
Fresh Tossed Salad	Salad: 4 Ranch Dressing: 1
Applesauce	14
Assorted Fresh Fruit	Apple: 25 Banana: 27 Orange: 11

Wednesday Breakfast & Lunch:

Chicken Filet Biscuit	Chicken: 7 Biscuit: 23
Banana Bread	44
Applesauce	14
Spaghetti	Noodles: 19.5 Meat Sauce: 9
Baked Chicken Nuggets	15
Personal Round Cheese Pizza	31
Texas Toast	15
Garlic Sautéed Spinach	4

Glazed Sweet Potatoes	33
Sliced Peaches	19
Assorted Fresh Fruit	Apple: 25 Banana: 27 Orange: 11

Thursday Breakfast & Lunch:

Chocolate Chip Muffin	49
Mini Blueberry Pancakes	38
Sliced Peaches	19
Grilled Honey BBQ Rib Hoagie	Hoagie: 29 Rib Pattie: 13
Build Your Own Nachos	Chips: (Elementary/Middle: 22) (High Schools:29) Taco Meat: 2 Cheese: 2
Personal Round Meat Lover's Pizza (Middle Schools & High Schools)	30
Fiesta Black Beans	20
Buttered Corn	17
Mixed Fruit	18
Assorted Fresh Fruit	Apple: 25 Banana: 27 Orange: 11

Friday Breakfast & Lunch:

Wake County Ring w/ Honey Dip Glaze	62
Cinnamon Swirl Roll	37
Mixed Fruit	18
Salisbury Steak w/ Brown Gravy	Steak: 3 Brown Gravy: 3 g per 2 fl oz
WG Dinner Roll	28
100% Beef Hot Dog	Bun: 27 Hot Dog: 3
Turkey Hot Dog	Bun: 27 Turkey Dog: 1
Chili	2
Chicken Filet Sandwich	Bun: 27 Chicken Patty: 16
Creamy Coleslaw	8.5
Mashed Potatoes	14.6
Baked Beans	51
Strawberry Cup	22
Assorted Fresh Fruit	Apple: 25 Banana: 27 Orange: 11

100% Fruit Juice:

Apple, 4 oz	14
Fruit Punch, 4 oz	14
Grape, 4 oz	19
Orange, 4 oz	14
Apple, 6 oz	20
Fruit Punch, 6 oz	21
Grape, 6 oz	29
Orange, 6 oz	19

Other Breakfast Entrée Options:

Cereal, 1 oz bowl	
Cheerios	20
Cinnamon Chex	23
Cinnamon Toast Crunch	22
Coco Puffs	25
Honey Nut Chex	27

Rice Chex	24
Trix	24
Cereal, 1 oz pouch	
Apple Jacks	24
Froot Loops	24
Frosted Flakes	24
Krave S'mores	21
Disney Frozen	24
Yogurt, NF, 4 oz	
Strawberry, 4 oz	15
Strawberry-Banana, 4 oz	16
Vanilla, 4 oz	16
Toast	13 g per slice
Pop Tart	
Frosted Cinnamon	37
Frosted Fudge	38
Frosted Strawberry	38
Mozzarella Cheese Stick	1 g per stick
PB&J Breakfast Sandwich (Single Pack)	35

Other Lunch Entrée Options:

Fruit Parfait	Yogurt, 8 oz: 39 Canned Fruit: See daily fruit on menu Granola: 36
Mozzarella String Cheese Box	Cheese Stick (2 each): 1 g per stick Fresh Apple Slices: 12 Manager Picks One: Frozen Graham Crackers: 23 Scooby Snacks: 21 Bug Bites: 21
PB&J Swirl Box	PB Cup: 28 Applesauce Cup: 14 Manager Picks One: Frozen Graham Crackers: 23 Scooby Snacks: 21 Bug Bites: 21
PB&J Jamwich (Twin Pack)	65
Yogurt Box	Yogurt: See Other Breakfast Entrée Options Cheese Stick: 1 Fresh Apple Slices: 12 Manager Picks One: Frozen Graham Crackers: 23 Scooby Doo Grahams: 21 Bug Bites: 21

Fat Free Milk:

Chocolate	20
Strawberry	19
Unflavored	13
Vanilla	19

Little Caesar Pizza:

Cheese	31
Italian Sausage	32
Pepperoni	32