

October 2022

All meals are served with fruit,
veggie and a choice of milk.

Wake Preparatory Academy

Go Guardians!



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| <p>Corn Dog 3 Or Crispy Chicken Salad Baked Beans Choice of Fruit Choice of Milk</p> | <p>Cheeseburger 4 Or Chef Salad Tater Tots Choice of Fruit Choice of Milk</p> | <p>Homestyle Mac & Cheese w/ Dinner Roll 5 Or Turkey & Cheese Wrap Green Beans Choice of Fruit Choice of Milk</p> | <p>Chicken Patty Sandwich 6 Or Chef Salad French Fries Choice of Fruit Choice of Milk</p> | <p>Pizza Friday 7 (Cheese or Pepperoni) Or Buffalo Chicken Wrap Choice of Fruit Choice of Milk</p> |
| <p>Chicken Nuggets 10 Roll Or Deli Sub Sweet Potato Smiles Choice of Fruit Choice of Milk</p> | <p>Soft Taco 11 Or Chef Salad Mexican Corn Choice of Fruit Choice of Milk</p> | <p>Spaghetti w/ Meat Sauce 12 Or Fiesta Salad Green Beans Choice of Fruit Choice of Milk</p> | <p>Hotdog 13 Or Chef Salad Baked Beans Choice of Fruit Choice of Milk</p> | <p>Pizza Friday 14 (Cheese or Pepperoni) Or Crispy Chicken Wrap Choice of Fruit Choice of Milk</p> |
| <p>Popcorn Chicken Bowl 17 Or Turkey & Cheese Sub Mashed Potatoes Choice of Fruit Choice of Milk</p> | <p>Breakfast for Lunch 18 French Toast sticks Sausage Patties Or Chef Salad Choice of Fruit Choice of Milk</p> | <p>Chicken Alfredo w/ Breadsticks 19 Or Chicken Caesar Salad Roasted Broccoli Choice of Fruit Choice of Milk</p> | <p>Beefy Nachos 20 Or Ham & Cheese Wrap Golden Corn Choice of Fruit Choice of Milk</p> | <p>Pizza Friday 21 (Cheese or Pepperoni) Or Chef Salad Choice of Fruit Choice of Milk</p> |
| <p>Cheeseburger 24 Or Crispy Chicken Wrap Garden Salad w/ Dressing Choice of Fruit Choice of Milk</p> | <p>Totchos 25 (Beef taco meat & cheese over tater tots) Or Chef Salad Aztec Corn Choice of Fruit Choice of Milk</p> | <p>Chicken Tenders 26 w/ Sauce Or Buffalo Chicken Salad Sweet Potato Fries Choice of Fruit Choice of Milk</p> | <p>Corn Dog 27 Or BBQ Sandwich Potato Wedges Choice of Fruit Choice of Milk</p> | <p>Pizza Friday 28 (Cheese or Pepperoni) Or Turkey & Cheese Sub Choice of Fruit Choice of Milk</p> |
| <p>Sweet & Sour Chicken 31 Over Rice Or Chef Salad Oriental Veggies Choice of Fruit Choice of Milk</p> | <p>Lunch Prices \$3.50 paid Second Entrée \$2.00 Adult \$4.00</p> | | | <p>HAPPY HALLOWEEN</p> |

Menu subject to change without notice due to unforeseen circumstances* This institution is an equal opportunity employer.