

October 2026| MENU
Pre-K
Wake County Public School
System
Breakfast & Lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2			01 <u>Breakfast</u> Chicken Biscuit Applesauce <u>Lunch</u> Popcorn Chicken WG Dinner Roll Mixed Vegetables ✓ Fresh Honeydew Melon	02 <u>Breakfast</u> WG Cereal ✓ Peach Cup <u>Lunch</u> Pizza Day! <i>V opt avail</i> Cheez-It Caesar Salad ✓ Bananas
05 <u>Breakfast</u> WG Waffle ✓ 100% Apple Juice <u>Lunch</u> Popcorn Chicken WG Dinner Roll Cinnamon Glazed Carrots ✓ Buttered Broccoli ✓ Applesauce Cup	06 <u>Breakfast</u> WG Breakfast Pizza Diced Pears <u>Lunch</u> WG Cheese Quesadillas ✓ Ranch Style Pinto Beans ✓ Salsa ✓ Mixed Fruit	07 <u>Breakfast</u> Yogurt Cup with WG Grahams ✓ Strawberry Cup <u>Lunch</u> WG Grilled Cheese Sandwich ✓ Emoticons ✓ 100% Grape Juice	08 <u>Breakfast</u> WG Pancakes & Sausage Platter Diced Peaches <u>Lunch</u> Spaghetti with Meat Sauce WG Garlic Roll ✓ Mixed Vegetables ✓ Spinach Salad ✓ Mixed Fruit	09 <u>Breakfast</u> WG Cereal ✓ Peach Cup <u>Lunch</u> Pizza Day! <i>V opt avail</i> Fresh Tossed Salad ✓ Garlic Green Beans ✓ 100% Fruit Juice Frozen Cups
12 Nat'l School Lunch Week <u>Breakfast</u> Scrambled Eggs w/ WG Toast & Jelly 100% Grape Juice <u>Lunch</u> Big Top Popcorn Chicken Dinner Roll Crinkle Cut Fries ✓ Baked Beans ✓ Diced Peaches	13 Nat'l School Lunch Week <u>Breakfast</u> Chicken Biscuit Mixed Fruit <u>Lunch</u> Ringmaster Mozzarella Sticks Marinara ✓ Steamed Broccoli ✓ Fresh Cantaloupe	14 Nat'l School Lunch Week <u>Breakfast</u> Yogurt Cup with WG Grahams ✓ Peach Cup <u>Lunch</u> 3 Ring Circus Burger on WG Bun Sweet Potato Fries ✓ 100% Fruit Blend Juice	15 Nat'l School Lunch Week <u>Breakfast</u> WG Sausage Cruncher Sticks Diced Pears <u>Lunch</u> Grab & go Box with WG Crackers Cucumber Coins with Dip ✓ 100% Fruit Blend Juice	16 Nat'l School Lunch Week <u>Breakfast</u> WG Cereal ✓ 100% Orange-Pineapple Juice <u>Lunch</u> High Flying "Trap-Pizza" <i>V opt avail</i> Fresh Tossed Salad ✓ Sugar Roasted Baby Carrots ✓ Peach Cup
19 <u>Breakfast</u> Yogurt Cup with WG Grahams ✓ Diced Pears <u>Lunch</u> Tangerine Chicken WG Garlic Flatbread Ginger Carrots ✓ Green Beans ✓ 100% Fruit Juice Frozen Cups	20 <u>Breakfast</u> WG French Toast Sticks ✓ Mixed Fruit <u>Lunch</u> WG Beef & Cheese Soft Tacos Black Beans ✓ Salsa ✓ Applesauce Cup	21 <u>Breakfast</u> Cheese Omelet & WG Toast ✓ 100% Orange Juice <u>Lunch</u> Baked Macaroni & Cheese ✓ WG Dinner Roll Steamed Broccoli ✓ Marinated Tomatoes ✓ Mixed Fruit	22 <u>Breakfast</u> Chicken Biscuit Applesauce <u>Lunch</u> Popcorn Chicken WG Dinner Roll Mixed Vegetables ✓ Fresh Honeydew Melon	23 <u>Breakfast</u> WG Cereal ✓ Peach Cup <u>Lunch</u> Pizza Day! <i>V opt avail</i> Cheez-It Caesar Salad ✓ Bananas
26 <u>Breakfast</u> WG Waffle ✓ 100% Apple Juice <u>Lunch</u> Popcorn Chicken WG Dinner Roll Cinnamon Glazed Carrots ✓ Buttered Broccoli ✓ Applesauce Cup	27 <u>Breakfast</u> Breakfast Pizza Diced Pears <u>Lunch</u> WG Cheese Quesadillas ✓ Ranch Style Pinto Beans ✓ Salsa ✓ Mixed Fruit	28 <u>Breakfast</u> Yogurt Cup with WG Grahams ✓ Strawberry Cup <u>Lunch</u> WG Grilled Cheese Sandwich ✓ Emoticons ✓ 100% Grape Juice	29 <u>Breakfast</u> Pancakes & Sausage Platter Diced Peaches <u>Lunch</u> Spaghetti with Meat Sauce WG Garlic Roll ✓ Mixed Vegetables ✓ Spinach Salad ✓ Mixed Fruit	30 <u>Breakfast</u> WG Cereal ✓ Peach Cup <u>Lunch</u> Pizza Day! <i>V opt avail</i> Fresh Tossed Salad ✓ Garlic Green Beans ✓ 100% Fruit Juice Frozen Cups

2026-27 Pre-K Meal Prices:

Full Price Breakfast: \$2.25
Reduced Price Breakfast: Free, while funding is available
Full Price Lunch: \$4.00
Reduced Price Lunch: \$.40
 Adults: A la Carte Pricing

CEP School meals are free for all

Breakfast includes: Entrée, fruit & unflavored milk.

Lunch includes: Entrée with grain/bread, ½ cup vegetable, ½ cup fruit & unflavored milk

V Symbolizes the daily vegetarian options

Peanut butter & Jelly Sandwiches or alternate grab & go boxes available upon request

Menu selection is subject to change at any time.