

Pitt County Schools



This institution is an equal opportunity provider.

Menu is subject to change due to availability of foods.



Choice of milk served with all complete meals:
**1% White, Skim White,
Skim Chocolate, Skim Strawberry**

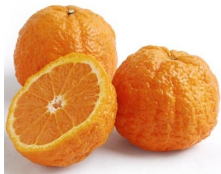


Surf on over to
www.pitt.k12.nc.us/childnutrition

It's one tasty site!

TASTE EXPLORERS! EAT BETTERLIVE HEALTHIER

April Taste Explorers Item:



Golden Nugget
Tangerine

- Called "golden nugget" due to its golden color and pebbly skin.
- Excellent source of Vitamin A and C for only about 40 calories!
- Most commonly eaten peeled but delicious in a salad, smoothie or frozen dessert.

TICKLE YOUR TASTEBUDS!

Monday, April 4

Breakfast
100% Fruit Juice
Mini Pancakes

Lunch
Pizza
Chicken Filet Sandwich
Steamed Carrots
Romaine Salad
Fresh Apple Slices

Tuesday, April 5

Breakfast
Fresh Apple Slices
Chicken Biscuit or
Biscuit w/Jelly

Lunch
Pork Rib Sandwich
Scoopin' Tacos
Salsa
Corn
Pinto Beans
Strawberries

Wednesday, April 6

Breakfast
Applesauce
Breakfast Bagel

Lunch
Oven Fried Chicken
Breadstick
Cheeseburger
Green Beans
California Blend
Chilled Peaches

Thursday, April 7

Breakfast
100% Fruit Juice
Breakfast Bread

Lunch
Mac & Cheese w/Roll
Hot Dog w/Chili
Fresh Broccoli Bites
w/Dip
Herb Roasted Potatoes
Applesauce

Friday, April 8

Breakfast
Pears
Apple Strudel Stick

Lunch
Baked Mini Corn Dogs
Baked Fish Nuggets
w/Hushpuppies
Vegetable Soup
Sweet Potato Waffle
Fries
Luigi's Sorbet

Monday, April 11

Breakfast
100% Fruit Juice
Pancake & Sausage on a
Stick

Lunch
Rotisserie Chicken w/Roll
Pizza
Mashed Potatoes
Corn
Mixed Fruit

Tuesday, April 12

Breakfast
Mixed Fruit
Mini Waffles

Lunch
Baked Spaghetti
w/Breadstick
Pork Chop Sandwich
Steamed Broccoli
Green Beans
Blueberries w/Topping

Wednesday, April 13

Breakfast
Strawberries
Breakfast Sausage Pizza

Lunch
Mandarin Chicken
Brown Rice
Cheesesticks
Marinara Sauce
Romaine Salad
Mandarin Oranges
*Golden Nugget
Tangerine*

Thursday, April 14

Breakfast
100% Fruit Juice
Cereal
Animal Crackers or
Giant Goldfish Grahams

Lunch
Deluxe Chicken Sandwich
Chicken Quesadilla
Baked French Fries
Steamed Carrots
Pears

Friday, April 15

Breakfast
Applesauce
Chicken Biscuit or
Biscuit w/Jelly

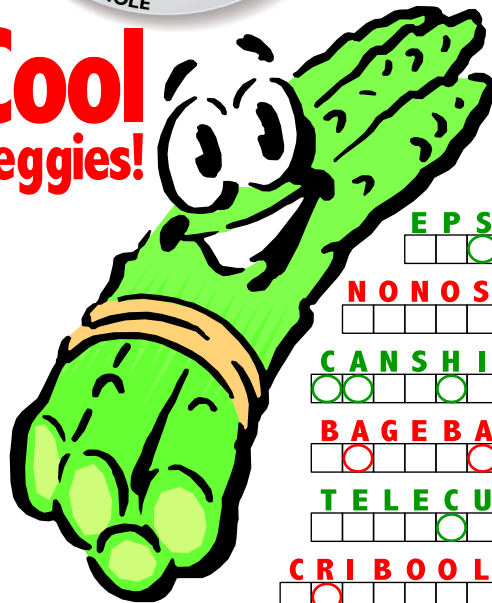
Lunch
Baked Chicken Nuggets
w/Breadstick
BBQ on Bun w/Coleslaw
Herb Roasted Potatoes
Baked Beans
Chilled Peaches





What's on **YOUR** plate?

Cool Veggies!



E P S A

 N O N O S I

 C A N S H I P

 B A G E B A C

 T E L E C U T

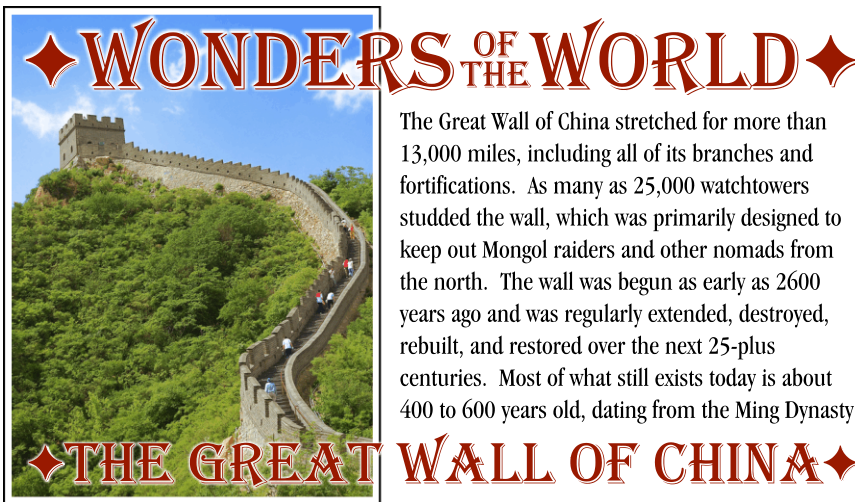
 C R I B O O L C

Some vegetables are called "cold hardy." That means they can be harvested in the cool of winter in Florida or California. Or, in the colder states, they can be planted in early spring, up to 6 weeks before the last freeze. We've scrambled the names of some of these tough guys above. Unscramble them, then write the circled letters below and unscramble to name the cold hardy veggie that's pictured here!

CIRCLED LETTERS: _____

ANSWER

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



WONDERS OF THE WORLD

The Great Wall of China stretched for more than 13,000 miles, including all of its branches and fortifications. As many as 25,000 watchtowers studded the wall, which was primarily designed to keep out Mongol raiders and other nomads from the north. The wall was begun as early as 2600 years ago and was regularly extended, destroyed, rebuilt, and restored over the next 25-plus centuries. Most of what still exists today is about 400 to 600 years old, dating from the Ming Dynasty.

THE GREAT WALL OF CHINA

Food Allergy Disclaimer

Please be aware that Child Nutrition Services prepares our food in commercial kitchens, where cross-contact with food allergens is possible and where ingredient substitutions and recipe revisions are sometimes made. Additionally, manufacturers of commercial food products we order may change their product formulation or ingredient consistency at any time without notification. Actual ingredients and nutritional content may vary and we are not able to guarantee that any food item will be completely free of food allergens. If you have questions or any concerns regarding ingredients of a specific food or recipe, please reach out to the Pitt County Schools Registered Dietitian, Janie Owens, RD, LDN at 252-830-4226 or email owensj@pitt.k12.nc.us.

Monday, April 18	Tuesday, April 19	Wednesday, April 20	Thursday, April 21	Friday, April 22
Breakfast 100% Fruit Juice Mini French Toast	Breakfast Banana Cinnamon Roll	Breakfast Peaches Sausage Biscuit or Biscuit w/Jelly	Breakfast 100% Fruit Juice Toaster Pastry	Breakfast Pears Breakfast Sausage Pizza
Lunch Pizza Scoopin' Tacos Salsa Romaine Salad Corn Strawberries	Lunch Cheeseburgers Chicken w/Gravy Brown Rice Sweet Potato Waffle Fries Broccoli w/Cheese Mixed Fruit	Lunch Baked Mini Corn Dogs School Favorite Black Eye Peas Steamed Carrots Pears	Lunch BBQ Chicken w/Roll Hot Dog w/Chili Green Peas Mashed Potatoes Chilled Peaches	Lunch Ham & Cheese on Bun Cheesesticks Marinara Sauce Baked French Fries Green Beans Applesauce
Monday, April 25	Tuesday, April 26	Wednesday, April 27	Thursday, April 28	Friday, April 29
Breakfast 100% Fruit Juice Mini Pancakes	Breakfast Fresh Apple Slices Chicken Biscuit or Biscuit w/Jelly	Breakfast Applesauce Breakfast Bagel	Breakfast 100% Fruit Juice Breakfast Bread	Breakfast Pears Apple Strudel Stick
Lunch Pizza School Favorite Steamed Carrots Romaine Salad Fresh Apple Slices	Lunch Pork Rib Sandwich Scoopin' Tacos Salsa Corn Pinto Beans Strawberries	Lunch Oven Fried Chicken Breadstick Cheeseburger Green Beans California Blend Chilled Peaches	Lunch Mac & Cheese w/Roll Hot Dog w/Chili Fresh Broccoli Bites w/Dip Herb Roasted Potatoes Applesauce	Lunch Baked Mini Corn Dogs Baked Fish Nuggets w/Hushpuppies Vegetable Soup Sweet Potato Waffle Fries Luigi's Sorbet