

Menus for November 2025

PCS 9-12 Menus

USDA is an equal opportunity provider and employer.

Monday, November 3

Breakfast

Cinnamon Roll
Applesauce

Lunch

Chicken Chunks w/
Biscuit
Veggie Burger
Baby Carrots
Mashed Potatoes
Banana

Tuesday, November

Breakfast

Turkey or Ham &
Cheese Croissant
Fresh Apple

Lunch

Baked Chicken in
Gravy w/ Brown Rice
Mini Corn Dogs
Sweet Potato Waffle
Fries
Broccoli w/ Cheese
Sauce
Pineapple Tidbits

Wed., November 5

Breakfast

Mini Bagel
Craisins

Lunch

Cheese Ravioli w/
Breadstick
Cheeseburger
French Fries
Green Beans
Fresh Apple

Thursday, November

Breakfast

Mini Pancakes
Mandarin Orange
Cup

Lunch

Barbecue on Bun
Hushpuppies
Cheese Sticks w/
Marinara Sauce
Coleslaw
Baked Beans
Diced Peaches

Friday, November 7

Breakfast

Super Donut
Raisels

Lunch

Cheese Pizza
Chicken Egg Rolls
w/ Mandarin Sauce
Corn
Glazed Carrots
Applesauce

Monday, November 10

Breakfast

Mini Cinnis
Applesauce

Lunch

Chicken Filet
Sandwich
Cheese Sticks w/
Marinara Sauce
Green Beans
Baby Carrots
Banana

Tuesday, November 11

Thank You



★ VETERANS' DAY ★
NOVEMBER 11

Wed., November 12

Breakfast

French Toast
Craisins

Lunch

Grilled Cheese
Sandwich
Hotdog on Bun
Roasted Potatoes
Baked Beans
Frozen Fruit Cup

Thursday, November

Breakfast

Pizza Bagel
Mandarin Orange
Cup

Lunch

Chicken Chunks
Baked Spaghetti
w/ Roll
Romaine Salad
Sweet Potato
Soufflé
Raisels
Froot Jooce

Friday, November 14

Breakfast

Powdered Mini
Doughnuts
Raisels

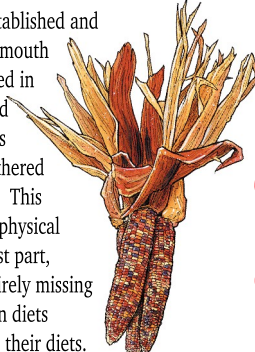
Lunch

Cheese or
Pepperoni Pizza
Enchilada Calzone
Green Beans
California Blend w/
Cheese Sauce
Mandarin Orange
Cup

OUR NATION'S HISTORY



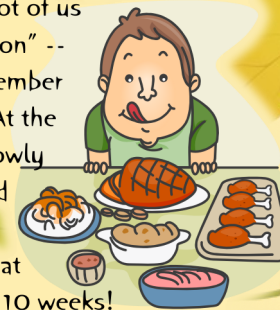
In the days before our country was established and even before the English landed at Plymouth Rock, the Algonquian people who lived in today's New England region ate a lot of wild game, fish, and birds along with plant foods like corn, squash, and beans. They also gathered nuts and berries when they were in season. This healthy diet, along with a life of strenuous physical activity, kept Native Americans, for the most part, strong and fit. But something that was entirely missing from their foods also made Native American diets healthier -- there was ZERO added sugar in their diets.



WITH LIBERTY & JUSTICE FOR ALL

Season's Gr(EAT)ings.

Overeating spikes for a lot of us during the "holiday season" -- which now starts in November and runs into January! At the BIG events, try to eat slowly and enjoy your food, and be aware of the steady unconscious snacking that also spikes during these 10 weeks!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

AVAILABLE DAILY

100% Fruit Juice & Milk

Offered Daily at

Breakfast & Lunch





Monday, November 17

Breakfast

Banana or Berry
Bread
Applesauce

Lunch

Meatballs in Gravy w/
Brown Rice
Cheese French Bread
Marinara Sauce
Corn
Cucumber Slices
Banana

Tuesday, November 18

Breakfast

Chicken Waffle
Sandwich
Fresh Apple

Lunch

Chicken Filet
Sandwich
Beef & Cheddar
Sandwich
Sweet Potato Waffle
Fries
Collards
Grapes

Wed., November 19

Breakfast

Apple Cinnamon
Texas Toast
Craisins

Lunch

Beefaroni w/
Breadstick
Mini Corn Dogs
Texas Beans
Romaine Salad
Frozen Fruit Cup

Thursday, November 20

Breakfast

Chicken/Turkey
Pancake on a Stick
Mandarin Orange
Cup

Lunch

Chicken Chunks w/
Dutch Waffle
Cheeseburger
Veggie Burger
Green Beans
Mashed Potatoes
Fruit Crisp

Friday, November 21

Breakfast

Belgian Waffle
Raisels

Lunch

Cheese or Pepperoni
Pizza Chicken Wings
w/ Roll
Glazed Carrots
Broccoli w/ Cheese
Sauce
Applesauce

Check Our Site!

For more information on nutri-
tionals, carb counts, and answers
to FAQ's please visit
www.pitt.k12.nc.us/Page/85



Monday, November 24

Breakfast

Cinnamon Roll
Applesauce

Lunch

Turkey & Gravy
Stuffing
Chicken Chunks w/
Biscuit
Sweet Potato
Soufflé
Green Beans
Banana

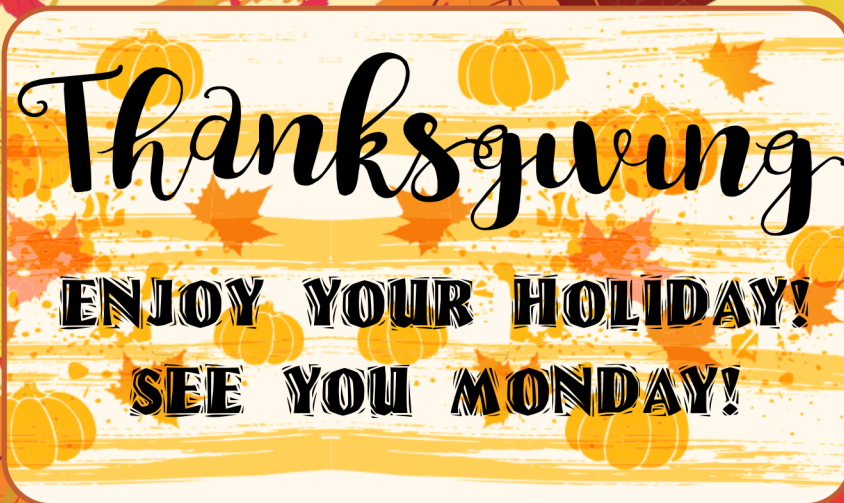
Tuesday, November 25

Breakfast

Turkey or Ham &
Cheese Croissant
Fresh Apple

Lunch

Baked Chicken in
Gravy w/ Brown Rice
Mini Corn Dogs
Sweet Potato Waffle
Fries
Broccoli w/ Cheese
Sauce
Pineapple Tidbits



Additional Menu Items

- Fresh Salads
- Wraps
- Sandwiches
- Protein Bento Boxes

**Offered Daily on a Rotating
Basis**



How about purple carrots?
White Asparagus? Pink bananas?
Blue corn?

Black tomatoes?!
Lots of fruits and veggies
come in colors you
might not be used to.

But they're still
delicious and good for you!