

Menus for November 2025

PCS K-8 Menus

USDA is an equal opportunity provider and employer.

Monday, November 3

Breakfast

Cinnamon Roll
Applesauce

Lunch

Popcorn Chicken
Cheese Ravioli
Breadstick
Baby Carrots
Romaine Salad
Banana

Tuesday, November

Breakfast

Turkey or Ham &
Cheese Croissant
Fresh Apple

Lunch

Sweet Thai Chicken
w/ Brown Rice
Mini Corn Dogs
French Fries
Broccoli w/ Cheese
Sauce
Pineapple Tidbits

Wed., November 5

Breakfast

Mini Bagel
Craisins

Lunch

Enchilada Calzone
Cheeseburger
Sweet Potato
Waffle Fries
Corn
Fresh Apple

Thursday, November

Breakfast

Mini Pancakes
Mandarin Orange
Cup

Lunch

Barbecue w/ Corn
Muffin
Cheese Sticks w/
Marinara Sauce
Coleslaw
Baked Beans
Diced Peaches

Friday, November 7

Breakfast

Super Donut
Raisels

Lunch

Cheese or
Pepperoni Pizza
Chicken Egg Rolls
w/ Mandarin Sauce
Green Beans
California Blend
Applesauce

Monday, November 10

Breakfast

Mini Cinnis
Applesauce

Lunch

Cheese Sticks
w/Marinara Sauce
Baked Chicken in
Gravy w/
Brown Rice
Steamed Broccoli
Sweet Potato Soufflé
Banana

Tuesday, November 11

Thank You



★ VETERANS' DAY ★
NOVEMBER 11

Wed., November 12

Breakfast

French Toast
Craisins

Lunch

Grilled Cheese
Sandwich
Hotdog on Bun
French Fries
Baked Beans
Frozen Fruit Cup

Thursday, November

Breakfast

Pizza Bagel
Mandarin Orange
Cup

Lunch

Chicken Chunks
Baked Spaghetti
w/ Breadstick
Romaine Salad
Sweet Potato
Waffle Fries
Froot Juice

Friday, November 14

Breakfast

Powdered Mini
Doughnuts
Raisels

Lunch

Cheese or Pepperoni
Pizza
Beef & Cheddar
Sandwich
California Blend w/
Cheese
Green Beans
Mandarin Orange
Cup

OUR NATION'S HISTORY



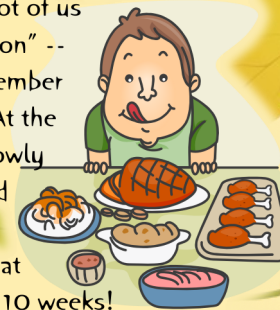
In the days before our country was established and even before the English landed at Plymouth Rock, the Algonquian people who lived in today's New England region ate a lot of wild game, fish, and birds along with plant foods like corn, squash, and beans. They also gathered nuts and berries when they 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

Breakfast

100% Fruit Juice, Milk

Lunch

Fresh Fruit or Vegetable,
Milk





Monday, November 17

Breakfast

Banana or Berry
Bread
Applesauce

Lunch

Fresh Baked Cinnamon
Roll
Scrambled Eggs
Yogurt
Cheese French Bread w/
Marinara Sauce
Roasted Potatoes
Mixed Vegetables
Banana

Tuesday, November 18

Breakfast

Chicken Waffle
Sandwich
Fresh Apple

Lunch

Chicken Filet
Sandwich
Meatballs in Gravy
w/ Brown Rice
Sweet Potato Waffle
Fries
Collards
Grapes

Wed., November 19

Breakfast

Apple Cinnamon
Texas Toast
Craisins

Lunch

Beefaroni w/
Breadstick
Mini Corn Dogs
French Fries
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
Texas Beans
Mashed Potatoes
Fruit Crisp

Friday, November 21

Breakfast

Belgian Waffle
Raisels

Lunch

Cheese or
Pepperoni Pizza
Chicken Wings w/
Roll
Corn
Green Beans
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
Popcorn Chicken
w/ Breadstick
Sweet Potato
Soufflé
Green Beans
Banana

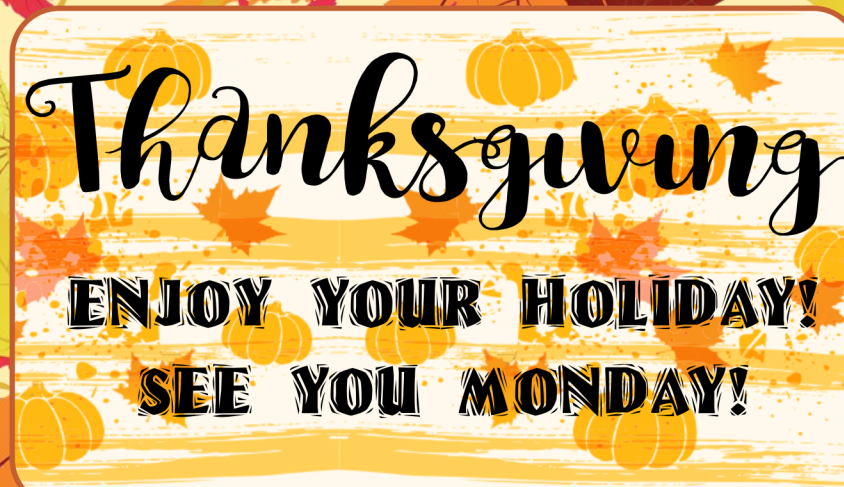
Tuesday, November 25

Breakfast

Turkey or Ham &
Cheese Croissant
Fresh Apple

Lunch

Sweet Thai
Chicken w/ Brown
Rice
Mini Corn Dogs
French Fries
Broccoli w/ Cheese
Sauce
Pineapple Tidbits



Additional Menu Items

- Fresh Salads
- Wraps
- Sandwiches
- Protein Bento Boxes

**Offered Daily on a Rotating
Basis**



Yellow Watermelon?!

