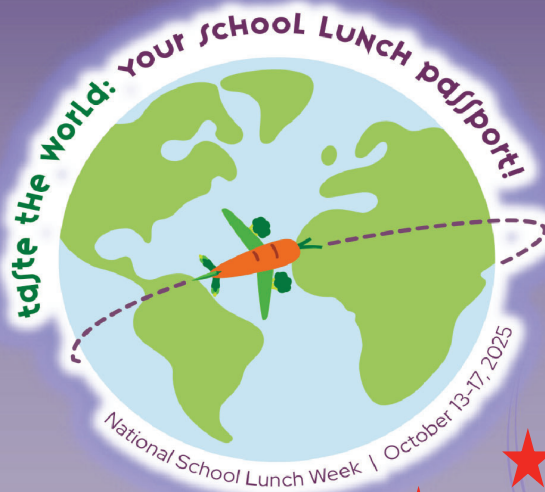


Menus for October 2025 9-12

Menu subject to change based on availability
USDA is an equal opportunity provider and employer.



Available Daily

Breakfast

100% Fruit Juice, Milk

Lunch

Fresh Fruit, Vegetable,
100% Juice, Milk



National
School
Lunch
Week

Monday, Oct. 6

Breakfast

Banana or Berry
Bread
Applesauce

Lunch

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

Monday, Oct. 13

Breakfast

Cinnamon Roll
Applesauce

Lunch

Asian Chicken
Dumplings & Egg
Rolls
Swedish Meatballs
in Gravy
Breadstick
Brown Rice
Glazed Carrots
Romaine Salad
Mandarin Orange
Cup

YOU NEVER
KNOW WHAT YOU
MIGHT RUN INTO
OUT THERE!



STAY ALERT
& BE SAFE!

Tuesday, Oct. 7

Breakfast

Chicken Waffle
Sandwich
Fresh Apple

Lunch

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

Tuesday, Oct. 14

Breakfast

Turkey or Ham &
Cheese Croissant
Fresh Apple

Lunch

Italian Baked
Spaghetti w/
Breadstick
Spanish Enchilada
Calzone
Corn
Broccoli w/ Cheese
Sauce
Banana

Wednesday, Oct. 1

Breakfast

French Toast
Craisins

Lunch

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

Wednesday, Oct. 8

Breakfast

Apple Cinnamon
Texas Toast
Craisins

Lunch

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

Wednesday, Oct. 15

Breakfast

Mini Bagel
Craisins

Lunch

German Chicken
Schnitzel Filet
Sandwich
All American Hotdog
on Bun
Veggie Burger
French Fries
Baked Beans
Fresh Apple

Thursday, Oct. 2

Breakfast

Pizza Bagel
Raisels

Lunch

Chicken Chunks
Baked Spaghetti
w/ Roll
Romaine Salad
Sweet Potato
Souffle
Raisels
Froot Juice

Thursday, Oct. 9

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

Thursday, Oct. 16

Breakfast

Mini Pancakes
Mandarin Orange
Cup

Lunch

Stuffed Pepperoni
Sandwich
Turkey & Cheese
Anytimers
Marinara Sauce
Baby Carrots
Mango Punch
Applesauce
Craisins

Friday, Oct. 3

Breakfast

Powdered Mini
Doughnuts
Mandarin Orange
Cup

Lunch

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

Friday, Oct. 10

Breakfast

Belgian Waffle
Raisels


Lunch

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

Friday, Oct. 17

No School

FRUIT
Pomegranate



Pomegranates are bursting with edible red seeds that lower cholesterol and fight damage to your body's cells. They also help prevent muscle cramps and fight against insulin resistance. The seeds are juicy and crunchy, sweet and tart!

OF THE MONTH

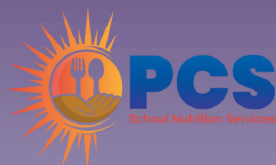


**ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG**

Pitt County Schools

WHAT'S WRONG WITH THIS PICTURE? IN REAL LIFE, **ELEPHANTS ARE INCAPABLE OF JUMPING!** KEEP THAT IN MIND IF YOU'RE EVER PUTTING TOGETHER AN ALL-ANIMAL BASKETBALL TEAM!

STRANGE BUT TRUE!



Check Our Site!

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

Other Offered Items

- Fresh Salads
- Wraps
- Sandwiches
- Protein Bento Boxes

Offered Daily on a Rotating Basis



Monday, Oct. 20	Tuesday, Oct. 21	Wednesday, Oct. 22	Thursday, Oct. 23	Friday, Oct. 24
Breakfast Mini Cinnis Applesauce	Breakfast Blueberry Mini Loaf w/ Yogurt Banana	Breakfast French Toast Craisins	Breakfast Pizza Bagel Raisels	Breakfast Powdered Mini Doughnuts Mandarin Orange Cup
Lunch Chicken Filet Sandwich Cheese Sticks Marinara Sauce Green Beans Baby Carrots Banana	Lunch Scoopin' Taco Chicken Quesadilla Salsa Corn Fresh Apple	Lunch Grilled Cheese Sandwich Hotdog on Bun Roasted Potatoes Baked Beans Frozen Fruit Cup	Lunch Chicken Chunks Baked Spaghetti w/ Roll Romaine Salad Sweet Potato Souffle Raisels Froot Juice	Lunch Cheese or Pepperoni Pizza Enchilada Calzone California Blend w/ Cheese Green Beans Mandarin Orange Cup
Monday, Oct. 27	Tuesday, Oct. 28	Wednesday, Oct. 29	Thursday, Oct. 30	Friday, Oct. 31
Breakfast Banana or Berry Bread Applesauce	Breakfast Chicken Waffle Sandwich Fresh Apple	Breakfast Apple Cinnamon Texas Toast Craisins	Breakfast Chicken/Turkey Pancake on a Stick Mandarin Orange Cup	Breakfast Belgian Waffle Raisels
Lunch Meatballs in Gravy w/ Brown Rice Cheese French Bread w/ Marinara Sauce Corn Cucumber Slices Banana	Lunch Chicken Filet Sandwich Beef & Cheddar Sandwich Sweet Potato Waffle Fries Collards Grapes	Lunch Beefaroni w/ Breadstick Mini Corn Dogs Texas Beans Romaine Salad Frozen Fruit Cup	Lunch Chicken Chunks w/ Dutch Waffle Cheeseburger Veggie Burger Green Beans Mashed Potatoes Fruit Crisp	Lunch Cheese or Pepperoni Pizza Chicken Wings w/ Roll Glazed Carrots Broccoli w/ Cheese Sauce Applesauce