

Menus for October 2025

K-8

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

**YOU NEVER
KNOW WHAT YOU
MIGHT RUN INTO
OUT THERE!**



**STAY ALERT
& BE SAFE!**

Wednesday, Oct. 1

Breakfast

French Toast
Craisins

Lunch

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

Thursday, Oct. 2

Breakfast

Pizza Bagel
Raisels

Lunch

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

Friday, Oct. 3

Breakfast

Powdered Mini
Doughnuts
Mandarin Orange
Cup

Lunch

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



Monday, Oct. 6

Breakfast

Banana or Berry
Bread
Applesauce

Lunch

Cinnamon Roll
Scrambled Eggs
Yogurt
Cheese French
Bread w/
Marinara Sauce
Roasted Potatoes
Green Beans
Banana

Tuesday, Oct. 7

Breakfast

Chicken Waffle
Sandwich
Fresh Apple

Lunch

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

Wednesday, Oct. 8

Breakfast

Apple Cinnamon
Texas Toast
Craisins

Lunch

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

Thursday, Oct. 9

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, Oct. 10

Breakfast

Belgian Waffle
Raisels

Lunch

Cheese or
Pepperoni Pizza
Chicken Wings w/
Roll
French Fries
Mixed Vegetables
Applesauce

Available Daily

Breakfast

100% Fruit Juice, Milk

Lunch

Fresh Fruit or Vegetable,
Milk

**National
School
Lunch
Week**

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

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. 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. 16

Breakfast

Mini Pancakes
Mandarin Orange
Cup


Lunch

Stuffed Pepperoni
Sandwich
Turkey & Cheese
Anytimer
Marinara Sauce
Mango Punch
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



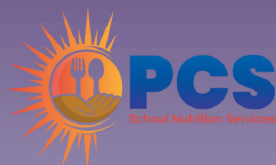
**ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG**

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

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 Cheese Sticks w/ Marinara Sauce Baked Chicken in Gravy w/ Brown Rice Steamed Broccoli Sweet Potato Soufflé Banana	Lunch Scoopin' Taco Chicken Quesadilla Salsa Corn Fresh Apple	Lunch Grilled Cheese Sandwich Hotdog on Bun French Fries Baked Beans Frozen Fruit Cup	Lunch Chicken Chunks Baked Spaghetti w/ Breadstick Romaine Salad Sweet Potato Waffle Fries Froot Juice	Lunch Cheese or Pepperoni Pizza Beef & Cheddar Sandwich 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 Fresh Baked Cinnamon Roll Scrambled Eggs Yogurt Cheese French Bread w/ Marinara Sauce Roasted Potatoes Green Beans Banana	Lunch Chicken Filet Sandwich Meatballs in Gravy w/ Brown Rice Sweet Potato Waffle Fries Collards Grapes	Lunch Beefaroni w/ Breadstick Mini Corn Dogs Romaine Salad Corn Frozen Fruit Cup	Lunch Chicken Chunks w/ Dutch Waffle Cheeseburger Veggie Burger Texas Beans Mashed Potatoes Fruit Crisp	Lunch Cheese or Pepperoni Pizza Chicken Wings w/ Roll French Fries Mixed Vegetables Applesauce

Additional Menu Items

- Fresh Salads
- Wraps
- Sandwiches
- Protein Bento Boxes

Offered Daily on a Rotating Basis

