

Pitt County Schools Nutrition Services 9-12 Grade Menus

APRIL

This institution is an equal opportunity provider. Menus

STATE OF MIND.

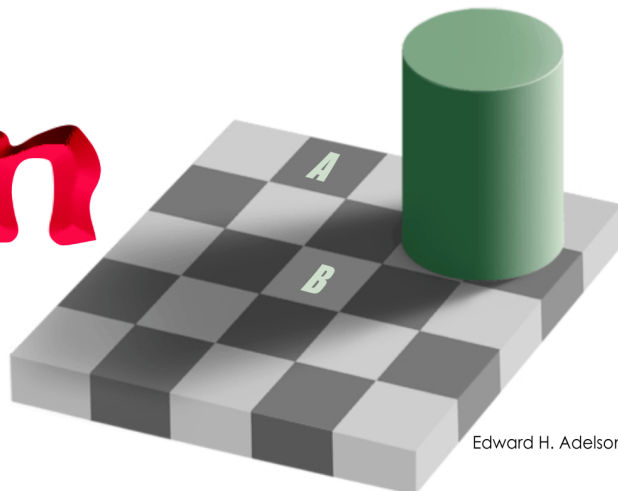
Physical activity isn't just good for your body. Regular exercise has been shown to help guard the mind against depression, too.



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

Only an Illusion

Do you think the two squares labeled A and B are different shades of gray? Guess what? **They're the same color!** If you're interested, you can see proof and learn more by searching on line for "Checkershadow Illusion - MIT".



Edward H. Adelson

Tuesday, April 1

Breakfast

Turkey Ham &
Cheese Croissant
Fresh Apple

Lunch

Sweet Thai
Chicken w/ Rice
Mini Corn Dogs
Sweet Potato
Waffle Fries
Broccoli w/ Cheese
Pineapple Tidbits
Fruit Juice

Wednesday, April 2

Breakfast

Strawberry Mini
Bagels
Craisins

Lunch

Buffalo Chicken
Pasta w/ Roll
Bacon or Regular
Cheeseburger on
Bun
French Fries
Green beans
Fresh Apple
Fruit Juice

Thursday, April 3

Breakfast

Texas Apple Cinn
Toast
Mandarin Orange
Cup

Lunch

Pork or Chicken
BBQ on Bun
Cheese Stix w/
Marinara Sauce
Coleslaw
Baked Beans
Diced Peaches
Fruit Juice

Friday, April 4

Breakfast

Super Donut
Tropical Raisels

Lunch

Four Cheese Pizza
or Pepperoni Pizza
Beef & Broccoli w/
Brown Rice
Buffalo Fish Dippers
Corn Muffin
Corn
Sweet Potato Souffle
Applesauce Cup
Fruit Juice

Monday, April 7

Breakfast

Minni Cinnis
Applesauce Cup

Lunch

Cheese Stix w/
Marinara Sauce
Chicken Filet
Sandwich
Steamed Broccoli
Glazed Carrots
Banana
Fruit Juice

Tuesday, April 8

Breakfast

Sausage Biscuit
Banana

Lunch

Scoopin Beef
Tacos with Tostito
Chips & Queso
Chicken Quesadilla
Salsa
Street Corn
Fiesta Black Beans
Fresh Apple
Fruit Juice

Wednesday, April 9

Breakfast

French Toast Stick
Craisins

Lunch

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

Thursday, April 10

Breakfast

Powdered Mini
Doughnuts
Mandarin Orange Cup

Lunch

Chicken Chunks
Baked Spaghetti
Roll
Caesar Salad
Sweet Potato Souffle
Froot Jooce
Raisels
Fruit Juice

Friday, April 11

Breakfast

Large Muffin
Tropical Raisels

Lunch

Four Cheese or
Pepperoni Pizza
Buffalo Fish Dippers
Corn Muffin
Beef Fajita in Tortilla
Green Beans
California Blend w/
Cheese
Mandarin Orange
Cup
Fruit Juice

NUTRITION TO GO

As a rule, Americans don't eat enough beans! Beans are the best plant source of protein and contain little of the fat and cholesterol that accompany the protein in meat. Beans also provide more fiber than almost any other plant food and nearly as much calcium as milk. Plus, beans' slow release of glucose makes them a superfood for people with diabetes.

A QUICK BITE FOR PARENTS

Monday, April 14

Breakfast

Banana or Lemon
Bread
Applesauce Cup

Lunch

Garlic Cheese
French Bread
Marinara Sauce
Chicken Egg Rolls
Mandarin Sauce
Corn
Green Beans
Banana
Fruit Juice

Tuesday, April 15

Breakfast

Cinnamon Toast
Crunch
Fresh Orange

Lunch

Chicken Filet
Sandwich
Salisbury Steak
Brown Rice
Sweet Potato
Collards
Grapes
Fruit Juice

Wednesday, April 16

Breakfast

Mini Pancakes
Craisins

Lunch

Beefaroni
Breadstick
Mini Corn Dogs
Texas Ranchero
Beans
Romaine Salad
Baked Potato
Banana
Fruit Juice

Thursday, April 17



Friday, April 18

Good Friday



No School Today

Monday, April 21



Tuesday, April 22

Breakfast

Strawberry Mini
Bagels
Fresh Apple

Lunch

Sweet Thai
Chicken
Brown Rice
Mini Corn Dogs
Sweet Potato
Waffle Fries
Broccoli w/ Cheese
Pineapple Tidbits
Fruit Juice

Wednesday, April 23

Breakfast

Turkey Ham &
Cheese Croissant
Craisins

Lunch

Buffalo Chicken
Pasta w/ Roll
Bacon or Regular
Cheeseburger
French Fries
Green Beans
Fresh Apple
Fruit Juice

Thursday, April 24

Breakfast

Apple Cinn Toast
Mandarin Orange
Cup

Lunch

Chicken Barbecue
on a Bun
Hushpuppies
Cheese Stix w/
Marinara Sauce
Coleslaw
Baked Beans
Diced Peaches
Fruit Juice

Friday, April 25

Breakfast

Super Donut
Tropical Raisels

Lunch

Four Cheese or
Pepperoni Pizza
Beef & Broccoli w/
Brown Rice
Buffalo Fish Dippers
Corn Muffin
Corn
Sweet Potato Soufflé
Applesauce Cup
Fruit Juice

Monday, April 28

Breakfast

Minni Cinnis
Applesauce Cup

Lunch

Cheese Stix w/
Marinara Sauce
Chicken Filet
Sandwich
Steamed Broccoli
Glazed Carrots
Banana
Fruit Juice

Tuesday, April 29

Breakfast

Sausage Biscuit
Banana

Lunch

Scoopin Beef Tacos
with Tostitos
Chips & Queso
Chicken Quesadilla
Salsa
Corn
Fiesta Black Beans
Fresh Apple
Fruit Juice

Wednesday, April 30

Breakfast

French Toast Sticks
Craisins

Lunch

Grilled Cheese
Sandwich
Beef Hot Dog
French Fries
Baked Beans
Frozen Fruit
Cups
Fruit Juice



WHAT AM I? I have a head but cannot think.
I have eyes but cannot see.
I have ears but cannot hear.
I have ribs but no bones.



Answer: I'm a VEGETABLE GARDEN, planted with lettuce (heads), potatoes (eyes), corn (ears), and celery (ribs). YUMMY!

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

★ OUR NATION'S HISTORY ★



The first Earth Day took place 55 years ago this month on April 22, 1970. Wisconsin Senator Gaylord Nelson, a Democrat, and California Congressman Pete McCloskey, a Republican, co-chaired events at schools, colleges, and parks across the U.S. that drew 20 million Americans outside on a Spring day to make a commitment to care for the environment. Earth Day is now celebrated in nearly 200 nations around the world.

Earth Day April 22



Keep it clean

★ WITH LIBERTY & JUSTICE FOR ALL ★