



Menus for  
9-12  
**May**  
2025

**Pitt County  
Schools  
Nutrition Services**

This institution is  
equal opportunity  
provider.

**Wednesday, May 7**  
**Breakfast**  
Mini Pancakes  
Craisins  
**Lunch**  
Beefaroni  
Breadstick  
Mini Corn Dogs  
Texas Ranchero  
Beans  
Chopped Romaine  
Salad  
Baked Potato  
Strawberry Cups  
Fruit Juice

**Thursday, May 8**  
**Breakfast**  
Turkey Sausage  
Pancake on a Stick  
Mandarin Orange  
Cup  
**Lunch**  
Chicken Chunks w/  
Dutch Waffle  
Cheeseburger  
Hamburger  
Cheesy Spinach  
Mashed Potatoes  
Frozen Fruit Cup  
Fruit Juice

**Friday, May 9**  
**Breakfast**  
Froot Loop Waffle  
Tropical Raisels  
**Lunch**  
Cheese or  
Pepperoni Pizza  
Chef Entrée  
Choice  
Sweet Potato  
Waffle Fries  
Broccoli w/ Cheese  
Mandarin Orange  
Cup  
Fruit Juice

Queen  
for a  
Day!



Mother's Day ♡ Sunday, May 11

**Wednesday, May 14**  
**Breakfast**  
Strawberry Mini  
Bagels  
Craisins  
**Lunch**  
Buffalo Chicken  
Pasta w/ Roll  
Bacon or Regular  
Cheeseburger  
French Fries  
Green Beans  
Fresh Apple  
Fruit Juice

**Thursday, May 15**  
**Breakfast**  
Texas Apple Cinn  
Toast  
Mandarin Orange  
Cup  
**Lunch**  
Chicken or Pork  
Barbecue  
Hushpuppies  
Cheese Stix  
Marinara Sauce  
Coleslaw  
Baked Beans  
Diced Peaches

**Thursday, May 1**  
**Breakfast**  
Powdered Mini  
Doughnuts  
Mandarin Orange  
Cup  
**Lunch**  
Chicken Chunks  
Baked Spaghetti  
Roll  
Caesar Salad  
Sweet Potato  
Souffle  
Froot Jooce  
Fruit Juice

**Friday, May 2**  
**Breakfast**  
Large Muffin  
Tropical Raisels  
**Lunch**  
Cheese or  
Pepperoni Pizza  
Chef Entrée Choice  
California Blend w/  
Cheese  
Green Beans  
Mandarin Orange  
Cup  
Fruit Juice

**Monday, May 5**  
**Breakfast**  
Banana or Lemon  
Bread  
Applesauce Cup  
**Lunch**  
Cheese Stix  
Marinara Sauce  
Two Egg Roll  
Mandarin Sauce  
Corn  
Green Beans  
Banana  
Fruit Juice

**Tuesday, May 6**  
**Breakfast**  
Cinnamon Toast  
Crunch  
Fresh Orange  
**Lunch**  
Chicken Filet  
Sandwich  
Salisbury Steak w/  
Brown Rice  
Maple Roasted  
Sweet Potatoes  
Collards  
Grapes  
Fruit Juice

**Monday, May 12**  
**Breakfast**  
Cinnamon Roll  
Applesauce Cup  
**Lunch**  
Chicken Chunks  
w/Biscuit  
Veggie Burger  
Baby Carrots  
Mashed Potatoes  
Banana  
Fruit Juice

**Tuesday, May 13**  
**Breakfast**  
Turkey Ham &  
Cheese Croissant  
Fresh Apple  
**Lunch**  
Sweet Thai  
Chicken w/ Brown  
Rice  
Mini Corn Dogs  
Sweet Potato  
Waffle Fries  
Broccoli w/ Cheese  
Pineapple Tidbits  
Fruit Juice

## GOING NATURAL?

There's no legal definition of the word "natural"  
on a food label. So it doesn't really  
mean much at all. To truly "go  
natural," eat lots of  
whole foods



(like fruits,  
veggies, nuts, beans,  
lean protein) that don't have  
any other ingredients at all -- naturally.

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

## Brain Ticklers



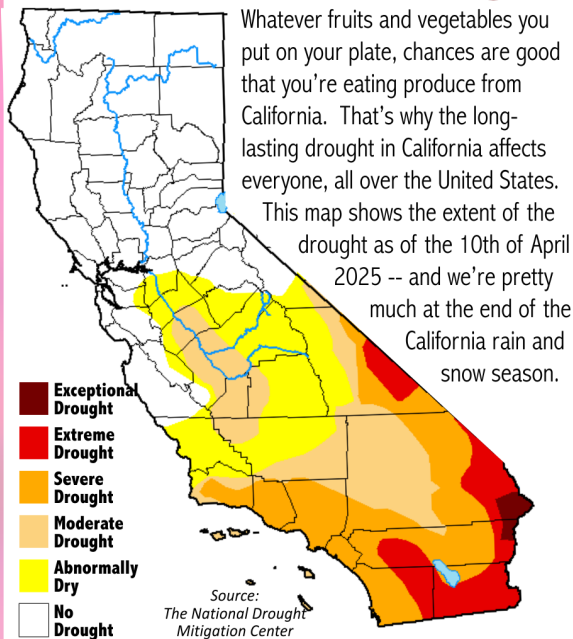
If a man builds a  
house with all 4  
sides facing south,  
and a bear walks  
by the house, what  
color is the bear?

(Hold the page upside  
down and read it in a  
mirror for the answer!)

What's the color of the bear?  
The house is built  
facing south on all four sides.



## When California is dry, we're all in a drought



### Percentages of U.S. production that comes from California:

Walnuts 99%	Garlic 95%
Almonds 99%	Strawberries 92%
Artichokes 99%	Grapes 91%
Pistachios 98%	Tomatoes 90%
Kiwis 97%	Cauliflower 89%
Plums 97%	Lettuce 74%
Broccoli 95%	Spinach 71%
Celery 95%	Carrots 69%

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, May 19

**Breakfast**  
Mini Cinnis  
Applesauce Cup

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

## ★ OUR NATION'S HISTORY ★

The American Civil war did not end in April 1865 with General Lee's surrender to General Grant in Virginia. A larger Confederate army surrendered in North Carolina several weeks later. And the final battle of the bloodiest war in American history didn't take place until May 1865, 150 years ago this month, at Palmetto Ranch, Texas, near the Mexican border. Ironically, this last engagement was a victory for the Confederate forces despite their losing the war!

*The Last Battle of the Civil War: Palmetto Ranch, by Jeffrey W. Hunt*

### ★ WITH LIBERTY & JUSTICE FOR ALL ★

Tuesday, May 20

**Breakfast**  
Sausage Biscuit  
Banana

**Lunch**  
Scoopin Beef Tacos  
with Tostito  
Queso  
Chicken Quesadilla  
Salsa  
Corn  
Fiesta Black Beans  
Fresh Apple  
Fruit Juice

Wednesday, May 21

**Breakfast**  
French Toast  
Sticks  
Craisins

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

Thursday, May 22

**Breakfast**  
Powdered Mini  
Doughnuts  
Mandarin Orange  
Cup

**Lunch**  
Chicken Chunks  
Baked Spaghetti  
Roll  
Caesar Salad  
Sweet Potato Souffle  
Froot Jooce  
Freeze  
Fruit Juice

Friday, May 23

**Breakfast**  
Large Muffin  
Tropical Raisels

**Lunch**  
Cheese or  
Pepperoni Pizza  
Chef Entrée Choice  
California Blend w/  
Cheese  
Green Beans  
Mandarin Orange  
Cup  
Fruit Juice

Monday, May 26



Tuesday, May 27

**Breakfast**  
Cinnamon Toast  
Crunch  
Fresh Orange

**Lunch**  
Chicken Filet  
Sandwich or Spicy  
Salisbury Steak  
Brown Rice  
Roasted Sweet  
Potato  
Collards  
Grapes  
Fruit Juice

Wednesday, May 28

**Breakfast**  
Mini Pancakes  
Craisins

**Lunch**  
Beefaroni  
Breadstick  
Mini Corn Dogs  
Texas Ranchero  
Beans  
Chopped Romaine  
Salad  
Baked Potato  
Strawberry Cups  
Fruit Juice

Thursday, May 29

**Breakfast**  
Turkey Sausage  
Pancake on a Stick  
Mandarin Orange  
Cup

**Lunch**  
Chicken Chunks w/  
Dutch Waffle  
Cheeseburger  
Hamburger  
Cheesy Spinach  
Mashed Potatoes  
Frozen Fruit Cup  
Fruit Juice

Friday, May 30

**Breakfast**  
Froot Loop Waffle  
Tropical Raisels

**Lunch**  
Cheese or  
Pepperoni Pizza  
Chef Entrée  
Choice  
Sweet Potato  
Waffle Fries  
Broccoli w/ Cheese  
Mandarin Orange  
Cup  
Fruit Juice

