



MENUS FOR
APRIL 2023

PITT COUNTY SCHOOLS
9th to 12th Grade

This institution is an equal opportunity provider. Menus are subject to change.

OUR NATION'S HISTORY

Paul Revere began the famous "midnight ride" on April 18, 1775. But he didn't finish it. Revere made it from Boston to Lexington, warning residents that "the regulars (British soldiers) are coming!" Then, he set out for Concord with William Dawes and Samuel Prescott. Revere was captured and later released – without his horse. In fact, only Prescott actually made it all the way from Boston to Concord to warn our patriots to remove military supplies before the soldiers could arrive.



WITH LIBERTY & JUSTICE FOR ALL

Make the healthy, economical choice!

Breakfast Lunch

\$1.25 \$2.50

Get in touch with us today to learn more about free and reduced-price meals in our district: 252-830-4226 or <https://www.pitt.k12.nc.us/>

Monday, April 3

Breakfast

Mini Cinnis
Applesauce Cup

MEATLESS MONDAY

Lunch

Cheese Stix with Marinara
Double Hot Dog on Bun
Cucumber Slices
Glazed Carrots
Banana

Tuesday, April 4

Breakfast

Chicken Sausage Biscuit
Banana

Lunch

Scoopin' Beef Tacos with
Tortilla Chips & Cheese
Chicken Enchilada Empanada
Salsa
Steamed Corn
Seasoned Black Beans
Fresh Apple

Wednesday, April 5

Breakfast

French Toast Sticks
Raisins

Lunch

Cheeseburger on Bun
Mini Corn Dogs
Green Beans
Cheesy Spinach
Fruit Crisp

Thursday, April 6

Breakfast

Strawberry Cream Cheese
Mini Bagels
Diced Peaches

Lunch

Chicken Chunks
Baked Spaghetti Roll
Caesar Salad
Froot Jooce Freeze

Friday, April 7

Good Friday



No School Today

Monday, April 10

NO SCHOOL

Tuesday, April 11

Breakfast

Mini Confetti Pancakes
Raisins

Lunch

Chicken Filet Sandwich
Scrambled Egg with Turkey
Sausage and Biscuit
California Blend Veggies
Tater Tots
Fresh Pear

Wednesday, April 12

Breakfast

Egg and Cheese Croissant
Fresh Pear

Lunch

Beefaroni with Roll
Mini Corn Dogs
Deli Roasted Potatoes
Chopped Romaine Salad
Spiced Apples

Thursday, April 13

Breakfast

Super Donut
Craisins

Lunch

Cheeseburger on Bun
Smucker's PBJ
Dragon Punch
Baby Carrots
Applesauce Cup

EARLY RELEASE

Friday, April 14

Breakfast

Blueberry or Chocolate Chip
Muffin
Diced Pears

Lunch

Individual Pepperoni Pizza
Fish Filet with Cheese
Marinara Cup
Texas Ranchero Beans
Fresh Broccoli Bites
Diced Peaches

What's on YOUR plate?



HALF FRUITS AND VEGETABLES
GRAINS, MOSTLY WHOLE
PROTEIN FOODS
DAIRY

GET IT IN YOU.

OK, this is big. Really big. So listen up. Fiber is found naturally in whole grains, fruits, and vegetables and is added to many other foods. It's good for you. Really good. SO EAT MORE FIBER.

FIBER

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

Happy Earth Day To You!



April 22 is the 52nd Anniversary of the first Earth Day



Q: Where do we get our tomatoes?

A: The average American eats 22 pounds of tomatoes a year, and all of them come from a vine somewhere. We get most of our tomatoes in processed form, out of a bottle of ketchup or a can of tomato sauce.

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

Monday, April 17

Breakfast

Cinnamon Roll
Applesauce Cup



Lunch

Popcorn Chicken with Biscuit
Morningstar Veggie Burger with Cheese
Baby Carrots
French Fries
Banana

Tuesday, April 18

Breakfast

Chicken Sausage Biscuit
Fresh Apple

Lunch

Mandarin Orange Chicken with Brown Rice
Mini Corn Dogs
Sweet Potato Soufflé
Steamed Broccoli
Fruit Mix

Wednesday, April 19

Breakfast

Pancake with Turkey Sausage on a Stick
Raisins

Lunch

Buffalo Chicken Pasta with Roll
Cheeseburger on Bun
Steamed Corn
Glazed Carrots
Fresh Apple

Thursday, April 20

Breakfast

Vanilla Belgian Waffle
Craisins

Lunch

Eastern NC BBQ with Corn Muffin
Garlic Cheese French Bread
Pizza with Marinara
Coleslaw
Baked Beans
Diced Peaches

Friday, April 21

Breakfast

Dunkin Stix
Diced Peaches

Lunch

Big Daddy's Pizza
Fish Filet with Cheese
Green Beans
Mashed Potatoes
Diced Pears

Monday, April 24

Breakfast

Mini Cinnis
Applesauce Cup



Lunch

Mac and Cheese with Biscuit
Double Hotdogs on Bun
Cucumber Slices
Glazed Carrots
Banana

Tuesday, April 25

Breakfast

Chicken Sausage Biscuit
Banana

Lunch

Scoopin Beef Tacos with Tortilla Chips and Cheese
Chicken Enchilada Empanada
Salsa
Steamed Corn
Black Beans
Fresh Apple

Wednesday, April 26

Breakfast

French Toast Sticks
Raisins

Lunch

Cheeseburger on Bun
Mini Corn Dogs
Green Beans
Cheesy Spinach
Fruit Crisp

Thursday, April 27

Breakfast

Strawberry Cream Cheese
Mini Bagels

Lunch

Chicken Chunks
Baked Spaghetti
Roll
Caesar Salad
French Fries
Froot Jooce Freeze

Friday, April 28

Breakfast

Turkey Sausage Breakfast
Pizza
Diced Pears

Lunch

Individual Pepperoni Pizza
Buffalo Fish Dippers with Corn Muffin
Broccoli with Cheese
Baby Carrots
Fruit Mix



Available Daily

- Milk and Juice is offered Daily at breakfast and lunch
- Assorted cereal and pop tarts are offered daily at breakfast
- Protein/Hummus Boxes, Yogurt Parfaits, PBJ or Deli Wraps offered on Monday, Wednesday & Friday.
- Chef salads offered Tuesday & Thursday

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