

9th to 12th Menus For Aug/September

## Pitt County Schools

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

# YOU'RE GOOD

## ALL STUDENTS EAT ALL MEALS @ NO COST AGAIN THIS YEAR

PITT COUNTY SCHOOL NUTRITION SERVICES

# DON'T 4 GET!

## To make a lunch, choose at least one



or



and 3-5 items total

PITT COUNTY SCHOOL NUTRITION SERVICES

Monday, August 28

### Breakfast

Cinnamon Roll  
Applesauce Cup

### Lunch

Garlic Cheese French bread  
Deli Ham or Turkey Wrap  
Marinara Sauce  
Chopped Romaine Salad  
Froot Jooce Freeze

Tuesday, August 29

### Breakfast

Egg & Cheese Croissant  
Raisins

### Lunch

Scoopin' Beef Tacos with  
Tortilla Chips & Cheese  
Deli Ham or Turkey Wrap  
Steamed Corn  
Fiesta Black Beans  
Fresh Apple

Wednesday, August 30

### Breakfast

Pancake Turkey Sausage on a  
Stick  
Fresh Apple

### Lunch

Mini Corn Dogs  
Deli Ham or Turkey Wrap  
French Fries  
Cucumber Slices  
Spiced Apples

Thursday, August 31

### Breakfast

Mini Pancakes  
Craisins

### Lunch

Chicken Filet Sandwich on  
Bun  
Deli Ham or Turkey Wrap  
Broccoli with Cheese Sauce  
Sweet Potato Waffle Fries

Friday, September 1

### Breakfast

Belgian Waffle  
Diced Pear Cup

### Lunch

Big Daddy's 4 Cheese or  
Turkey Pepperoni Pizza  
Deli Ham or Turkey Wrap  
Baby Carrots  
Green Beans  
Diced Peach Cup

## HAPPY LABOR DAY!



Try not to be **BLUE** about Summer's end - enjoy the last sweet days of the season **BERRY** much!

Tuesday, September 5

### Breakfast

Chicken Sausage Biscuit  
Fresh Apple

### Lunch

Mandarin Orange Chicken  
with Chow Mein Noodles  
Mini Corn Dogs  
Sweet Potato Soufflé  
Steamed Broccoli  
Fruit Mix

Wednesday, September 6

### Breakfast

Pancake Turkey Sausage on a  
Stick  
Raisins

### Lunch

Buffalo Chicken Pasta with  
Roll  
Cheeseburger on Bun  
French Fries  
Glazed Carrots  
Fresh Apple

Thursday, September 7

### Breakfast

Belgian Waffle  
Craisins

### Lunch

Eastern NC BBQ or TX  
Chicken BBQ on Bun  
Cheese Stix  
Marinara Sauce  
Coleslaw  
TX Ranchero Beans  
Diced Peach Cup

Friday, September 8

### Breakfast

Dunkin Stix  
Diced Peach Cup

### Lunch

Big Daddy's 4 Cheese or  
Turkey Pepperoni Pizza  
Arroz Con Pollo (ACP)  
Green Beans  
Steamed Corn  
Diced Pear Cup

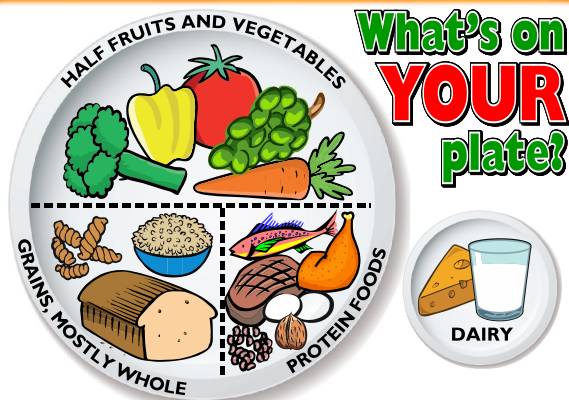
## NUTRITION TO GO

Broccoli is a "smart carb," a food that provides lots of fiber and complex carbohydrates that aid digestion and make you feel full longer. Broccoli's good for bone health, heart health, cancer prevention, reducing cholesterol, and even reducing allergies and inflammation!

## A QUICK BITE FOR PARENTS

## 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



## Tastes like summer!



Fresh summer tomatoes are one of the great taste treats of the year. Over 10,000 varieties of tomatoes exist, and Americans eat an average of 22 pounds worth a year -- but most of that is packaged stuff, in the form of ketchup and tomato sauce. Do yourself a favor -- eat some delicious summertime tomatoes the way nature "packaged" them -- warm and juicy, right off the vine!

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, September 11

### Breakfast

Mini Cinnis  
Applesauce Cup

### Lunch

Baked Macaroni and Cheese  
Chili Cheese Fries with Corn  
Muffin  
Cucumber Slices  
French Fries  
Banana

Tuesday, September 12

### Breakfast

Chicken Sausage Biscuit  
Banana

### Lunch

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

Wednesday, September 13

### Breakfast

French Toast Sticks  
Fresh Pear

### Lunch

Meatball Sub  
Beef Hotdog on Bun  
Green Beans  
Baked Beans  
Fruit Crisp

Thursday, September 14

### Breakfast

Mini Strawberry Cream  
Cheese Bagels  
Diced Peach Cup

### Lunch

Chicken Chunks  
Baked Spaghetti  
Roll  
Caesar Salad  
Glazed Carrots  
Froot Jooce Freeze

Friday, September 15

### Breakfast

Turkey Sausage Breakfast  
Pizza  
Diced Pear Cup

### Lunch

Deep Dish Turkey Pepperoni  
Pizza  
Teriyaki Chicken Dumplings  
Steamed Broccoli  
Sweet Potato Waffle Fries  
Fruit Mix

Monday, September 18

### Breakfast

Banana or Berry Bread  
Applesauce Cup

### Lunch

Mozzarella Cheese Sticks with  
Marinara Sauce  
Sriracha Honey Chicken with  
Rice  
Cherry Tomato Cup  
Green Beans  
Banana

Tuesday, September 19

### Breakfast

Super Donut  
Raisins

### Lunch

Chicken Filet Sandwich on  
Bun  
Scrambled Eggs with Turkey  
Sausage and Biscuit  
California Blend Veggies  
Deli Roasted Potatoes  
Fresh Pear

Wednesday, September 20

### Breakfast

Mini Pancakes  
Fresh Pear

### Lunch

Beefaroni with Roll  
Mini Corn Dogs  
Baked Beans  
Chopped Romaine Salad  
Spiced Apples

Thursday, September 21

### Breakfast

Egg and Cheese Croissant  
Craisins

### Lunch

Chicken and Mashed Potato  
Bowl  
Cheeseburger on Bun  
Steamed Corn  
Mashed Potatoes  
Frozen Strawberry Cup

Friday, September 22

### Breakfast

Large Muffin  
Diced Pear Cup

### Lunch

Beef Fiestada Pizza  
Chicken Wings with Roll  
Sweet Potato Waffle Fries  
Broccoli with Cheese Sauce  
Diced Peach Cup

Monday, September 25

### Breakfast

Cinnamon Roll  
Applesauce Cup

### Lunch

Breaded Chicken Drumstick  
with Biscuit  
Veggie Burger with Cheese on  
Bun  
Baby Carrots  
Mashed Potatoes  
Banana

Tuesday, September 26

### Breakfast

Chicken Sausage Biscuit  
Fresh Apple

### Lunch

Mandarin Orange Chicken  
with Chow Mein Noodles  
Mini Corn Dogs  
Sweet Potato Soufflé  
Fruit Mix

Wednesday, September 27

### Breakfast

Pancake Turkey Sausage on a  
Stick  
Raisins

### Lunch

Buffalo Chicken Pasta with  
Roll  
Cheeseburger on Bun  
French Fries  
Glazed Carrots  
Fresh Apple

Thursday, September 28

### Breakfast

Belgian Waffle  
Craisins

### Lunch

Eastern NC BBQ or TX  
Chicken BBQ on bun  
Cheese Stix  
Marinara Sauce  
Coleslaw  
TX Ranchero Beans

Friday, September 29

### Breakfast

Dunkin Stix  
Diced Peach Cup

### Lunch

Big Daddy's 4 Cheese or  
Turkey Pepperoni Pizza  
Arroz con Pollo (ACP)  
Green Beans  
Steamed Corn  
Diced Pear Cup