# Menus for August 2020

## Pitt County Schools

**Menus for A & B Weeks**

Menu is subject to change due to availability of foods.

<table>
<thead>
<tr>
<th>Monday, August 17</th>
<th>Tuesday, August 18</th>
<th>Wednesday, August 19</th>
<th>Thursday, August 20</th>
<th>Friday, August 21</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td>Applesauce</td>
<td>Fresh Apple</td>
<td>Fruit Mix</td>
<td>Fruit Mix</td>
<td>Diced Peach Cup</td>
</tr>
<tr>
<td>Fruit Juice</td>
<td>Fruit Juice</td>
<td>Fruit Cup</td>
<td>Fruit Juice</td>
<td>Fruit Juice</td>
</tr>
<tr>
<td>Cinnamon Roll</td>
<td>Sausage Biscuit</td>
<td>French Toast Sticks</td>
<td>Pop-tart</td>
<td>Powdered Mini Donuts</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
</tr>
<tr>
<td>Chicken Filet Sandwich</td>
<td>Sweet Thai Chili Chicken</td>
<td>Cheeseburger</td>
<td>Oven Fried Chicken</td>
<td>Cheese Stix</td>
</tr>
<tr>
<td>French Fries</td>
<td>Brown Rice</td>
<td>Baked Beans</td>
<td>Biscuit</td>
<td>w/Marinara Sauce</td>
</tr>
<tr>
<td>Fresh Apple</td>
<td>Glazed Carrots</td>
<td>Blueberries w/Topping</td>
<td>Mashed Potatoes</td>
<td>Spinach w/Cheese Sauce</td>
</tr>
<tr>
<td>Fruit Juice</td>
<td>Raisels</td>
<td>Fruit Juice</td>
<td>Frozen Fruit Cup</td>
<td>Diced Pear Cup</td>
</tr>
<tr>
<td></td>
<td>Lindy’s Fruit Freeze</td>
<td></td>
<td>Fruit Juice</td>
<td>Fruit Juice</td>
</tr>
</tbody>
</table>

To help keep yourself, your friends, and your family healthy, please follow our Social Distancing Guidelines!

Don’t forget:

- We’re here for you.
- (Even if you’re not here.)

There’s no telling how this year might go. But in all this uncertainty, there’s one thing you can count on: the dedicated, caring women and men of our child nutrition program will be preparing and serving convenient, economical, healthy school meals for our students every day. In the lunchroom. Or in the classroom. Or somewhere else all together. We’ll be there for you.

School Meals
We serve education every day.

School Nutrition Services
# The Morning Paper

How does a dog know what’s going on in the world? Through his nose, of course! So when you walk a dog in the morning, and he’s sniffing more than usual? A lot’s happened overnight – he’s just reading the morning newspaper!

### Tuesday, August 25
**Breakfast**
- Fresh Orange
- Fruit Juice
- Cheese Biscuit

**Lunch**
- Scoopin Tacos
- Mexican Beans & Corn
- Fruit Mix
- Fruit Juice

### Wednesday, August 26
**Breakfast**
- Frozen Fruit Cup
- Fruit Juice
- Pancake & Sausage on a Stick

**Lunch**
- Mini Corn Dogs
- Green Beans
- Fruit Crisp
- Fruit Juice

### Thursday, August 27
**Breakfast**
- Fruit Mix
- Fruit Juice
- Cereal

**Lunch**
- BBQ or Rotisserie Chicken
- Biscuit
- Sweet Potato Soufflé
- Frozen Fruit Cup
- Fruit Juice

### Friday, August 28
**Breakfast**
- Diced Pear Cup
- Fruit Juice
- Breakfast Pizza

**Lunch**
- Pizza
- Broccoli w/ Cheese Sauce
- Diced Peach Cup
- Fruit Juice

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**Western Diet and the Environment**

The Western diet, which is high in saturated fats and refined carbohydrates, is a major contributor to environmental issues. The production of food, particularly meat and dairy products, is responsible for a significant portion of greenhouse gas emissions. The meat industry alone produces about 14.5% of all human-generated greenhouse gases. This is due to the high energy requirements for animal husbandry, the transportation of livestock, and the processing and refrigeration of food products.

### What’s on Your Plate?

- **Grains:** Mostly Whole
- **Half Fruits and Vegetables**
- **Protein Foods**
- **Dairy**

### What’s a Burger’s Best Friend?

**Q:** It’s not cheese, or ketchup, or special sauce! It’s a nice big slice of fresh tomato. Not only does a crisp, cool tomato taste good on a burger, but the vitamin C in tomatoes also makes it easier for your body to use the protein in the meat!

**A:**

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)