

# PreK to 8th Menus for March



## Pitt County Schools

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

# Kids! Be there March 6-10 for National School Breakfast Week 2023



## come join us for Breakfast@School

# 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**

**Monday, March 6**

### Breakfast

Cinnamon Roll  
Applesauce Cup

**MEATLESS MONDAY**

### Lunch

Mac and Cheese with Biscuit  
Hot Dog on Bun  
Cucumber Slices  
Glazed Carrots  
Banana

**Tuesday, March 7**

### Breakfast

Chicken Sausage Biscuit  
Banana

### Lunch

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

**Wednesday, March 8**

### Breakfast

French Toast Sticks  
Raisins

### Lunch

Breakfast Bowl with  
Scrambled Eggs & Popcorn  
Chicken with Biscuit  
Mini Corn Dogs  
Deli Roasted Potatoes  
Cheesy Spinach  
Fruit Crisp

**Thursday, March 9**

### Breakfast

Strawberry Cream Cheese  
Mini Bagels  
Diced Peaches

### Lunch

Chicken Chunks  
Baked Spaghetti  
Roll  
Caesar Salad  
Green Beans  
Froot Jooce Freeze

**Friday, March 10**

### Breakfast

Turkey Sausage Breakfast  
Pizza  
Diced Pears

### Lunch

Stuffed Crust Cheese Pizza  
Buffalo Fish Dippers w/Corn  
Muffin  
Broccoli with Cheese  
Baby Carrots  
Fruit Mix

**Wednesday, March 1**

### Breakfast

Pancake Turkey Sausage on a  
Stick  
Raisins

### Lunch

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

**Thursday, March 2**

### Breakfast

Vanilla Belgian Waffle  
Craisins

### Lunch

Eastern NC BBQ with Corn  
Muffin  
Cheese Stix  
Marinara Cup  
Coleslaw  
Baked Beans  
Diced Peaches

**Friday, March 3**

### Breakfast

Dunkin Stix  
Diced Peaches

### Lunch

Assorted Pizza  
Catfish Filet with Cheese  
Green Beans  
Mashed Potatoes  
Diced Pears

# no Worries



last day of classes: March 10

classes resume:  
March 20

## SPRING BREAK



However you  
measure time at  
your house,  
don't forget  
to move the  
clocks ahead  
one hour on  
March 12!

**AVAILABLE DAILY**

- Milk is Offered Daily at breakfast and lunch
- Juice is offered daily at breakfast
- Assorted cereal and pop tarts are offered daily at breakfast
- Chef Salads or Bento Boxes offered T & Th
- PBJ or Turkey Cheese Anytimers offered M, W, & F

**To Put Money on your Student's Account**  
 Visit : <https://www.payschoolscentral.com/>



**G**et a watch with a second hand, and then time yourself to see how long it takes you to find the **FOUR-LEAF CLOVER** in the puzzle!



People can eat clover (it's actually a good source of protein), but it's hard for us to digest. So how does clover figure into our diets? Well, some of the meat we eat comes from animals that eat a lot of clover, and clover is also a favorite source of nectar that bees turn into honey. Just because we don't eat something, that doesn't mean it's not important for us!

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, March 13	Tuesday, March 14	Wednesday, March 15	Thursday, March 16	Friday, March 17
<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>
Monday, March 20	Tuesday, March 21	Wednesday, March 22	Thursday, March 23	Friday, March 24
<b>Breakfast</b> Banana or Lemon Bread Applesauce Cup <b>MEATLESS MONDAY</b> <b>Lunch</b> Cheesy Bean Dip with Tortilla Chips Sriracha Honey Chicken with Brown Rice Cherry Tomatoes Green Beans Banana	<b>Breakfast</b> Egg & Cheese Croissant Raisins <b>Lunch</b> Chicken Filet on Bun Scrambled Egg with Turkey Sausage and Biscuit California Blend Veggies Tater Tots Fresh Pear	<b>Breakfast</b> Mini Confetti Pancakes Fresh Pear <b>Lunch</b> Beefaroni with Roll Mini Corn Dogs Deli Roasted Potatoes Chopped Romaine Salad Spiced Apples	<b>Breakfast</b> Super Donut Craisins <b>EARLY RELEASE</b> <b>Lunch</b> Cheeseburger Smucker's PBJ or Turkey & Cheese Anytimer Baby Carrots Dragon Punch Applesauce Cup	<b>Breakfast</b> Blueberry or Chocolate Chip Muffin Diced Pears <b>Lunch</b> Cheesy Bites with Marinara Fish Filet with Cheese Seasoned Sweet Potato Fries Fresh Broccoli Bites Diced Peaches
Monday, March 27	Tuesday, March 28	Wednesday, March 29	Thursday, March 30	Friday, March 31
<b>Breakfast</b> Cinnamon Roll Applesauce Cup <b>MEATLESS MONDAY</b> <b>Lunch</b> Popcorn Chicken with Biscuit Morningstar Veggie Burger Baby Carrots French Fries Banana	<b>Breakfast</b> Chicken Sausage Biscuit Fresh Apple <b>Lunch</b> Mandarin Orange Chicken with Brown Rice Mini Corn Dogs Sweet Potato Soufflé Steamed Broccoli Fruit Mix	<b>Breakfast</b> Pancake Turkey Sausage on a Stick Raisins <b>Lunch</b> Buffalo Chicken Pasta with Roll Cheeseburger Steamed Corn Glazed Carrots Fresh Apple	<b>Breakfast</b> Vanilla Belgian Waffle Craisins <b>Lunch</b> Eastern NC BBQ with Corn Muffin Cheese Stix w/Marinara Coleslaw Baked Beans Diced Peaches	<b>Breakfast</b> Dunkn Stix Diced Peaches <b>Lunch</b> Assorted Pizza Fish Filet with Cheese Green Beans Mashed Potatoes Diced Pears