

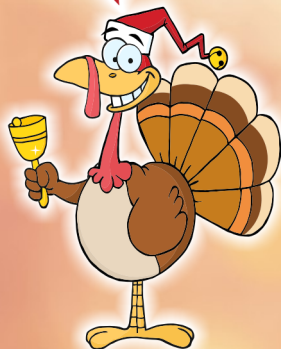
9th-12th Menus for November 2022

Pitt County Schools

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



Only 36 more school days 'til Winter Break!



Supply and demand. And cost.

We're trying to continue to operate as close to our pre-pandemic level as possible. But, like the restaurant and food service sector generally, we're facing unprecedented supply chain challenges. Sometimes we may have to substitute an item at the last minute to give our customers the best, freshest options available that day. Plus our food costs are sky-high, as you probably understand from your own trips to the grocery store. We thank our parents and kids in advance for your on-going understanding of this situation!

School Meals
We serve education every day™

Tuesday, November 1

Breakfast

Super Donut
Raisins

Lunch

Sriracha Honey Chicken w/
Rice
Scrambled Eggs w/Turkey
Sausage & Biscuit
Cali Blend Veggies
Steamed Corn
Fresh Apple

Wed., November 2

Breakfast

Mini Eggo Pancakes
Fresh Orange

Lunch

Beefaroni w/Breadstick
Corn Dog on a Stick
Deli Roasted Potatoes
Cherry Tomato Cup
Applesauce Cup

Thursday, November 3

Breakfast

Egg & Cheese Biscuit
Craisins

Lunch

Cheeseburgers
Rotisserie Chicken in Gravy
with Brown Rice
Mashed Potatoes
Green Beans
Spiced Apples

Friday, November 4

Breakfast

Chocolate Chip Breakfast
Cookie
Diced Pears

Lunch

Big Daddy's Pepperoni Pizza
Fish Filet Sandwich with
Cheese
Seasoned Sweet Potato Fries
Fresh Broccoli Florets
Diced Peach Cup

DON'T GET SAUCY.

Filling half your plate with fruits and veggies? Good for you! Just make sure you don't always smother all that goodness in cheese sauce or sugar or syrup. A little olive oil on some sauteed fresh veggies is fine, but drenching veggies in butter? Not so much.



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

Monday, November 7

Breakfast

Cinnamon Roll
Applesauce

MEATLESS MONDAY

Lunch

Mini Corn Dogs
Morningstar Veggie Burger
Baby Carrots
French Fries
Banana

Tuesday, November 8

Breakfast

Biscuit w/Turkey Sausage
Fresh Apple

Lunch

Mandarin Orange Chicken w/
Brown Rice
Meatballs in Gravy w/Brown
Rice
Sweet Potato Souffle
Steamed Broccoli
Frozen Fruit Cup

Wed., November 9

Breakfast

Pancake Sausage on a Stick
Raisins

Lunch

Buffalo Chicken Pasta w/
Breadstick
Cheeseburger
Steamed Corn
Glazed Carrots
Fresh Apple

Thursday, November 10

Breakfast

Vanilla Belgian Waffle
Craisins

Lunch

Cheese Stix
Marinara
Baby Carrots
Frozen Fruit Cup

Early Release Day

Friday, November 11



Veteran's Day
No School Today

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, or Deli Wraps offered on Monday, Wednesday & Friday.**
Chef salads offered Tuesday & Thursday

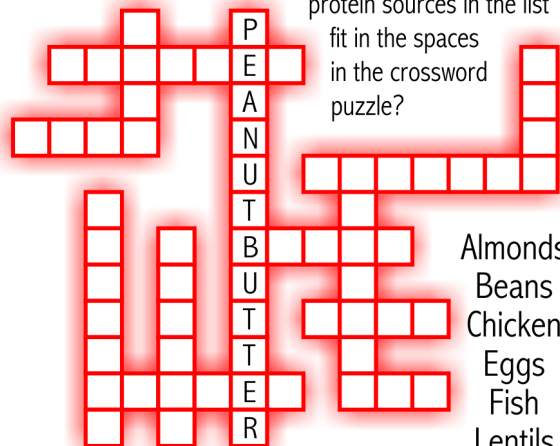




Protein Power!

Steaks and hamburgers and other kinds of beef are loaded with protein. But a lot of red meat is also very high in fat and saturated fat. That's why experts tell us we should only eat beef once in awhile. Luckily, there are lots of other good sources of protein. Six ounces of salmon, for example, contains almost as much protein as a 6-ounce porterhouse steak -- but with less than ½ the fat and ¼ of the saturated fat. Can you make all of the

protein sources in the list fit in the spaces in the crossword puzzle?



Almonds
Beans
Chicken
Eggs
Fish
Lentils
Milk
Pork
Soy
Turkey
Walnuts
Yogurt



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

Monday, November 14

Breakfast

Mini Cinnis
Applesauce



Lunch

Mac & Cheese w/Biscuit
Hot Dog on Bun
Cucumber Slices
Glazed Carrots
Banana

Tuesday, November 15

Breakfast

Cheese Biscuit
Banana

Lunch

Scoopin Beef Tacos w/Tortilla
Chicken Quesadilla
Steamed Corn
Fiesta Black Beans
Fresh Apple

Wed., November 16

Breakfast

French Toast Sticks
Raisins

Lunch

Baked Spaghetti w/Breadstick
Corn Dog on a Stick
Green Beans
Caesar Salad
Fruit Crisp

Thursday, November 17

Breakfast

Mini Strawberry Bagel
Frozen Fruit Cup

Lunch

Chicken Chunks w/Breadstick
Grilled Cheese Sandwich
Cheesy Spinach
French Fries
Froot Jooce Freeze

Friday, November 18

Breakfast

Breakfast Sausage Pizza
Diced Pears

Lunch

Stuffed Crust Cheese Pizza
Cheeseburger
Broccoli w/Cheese Sauce
Baby Carrots
Fruit Mix

Monday, November 21

Breakfast

Banana Bread
Applesauce



Lunch

Nacho Lil'Bites
Chicken Filet Sandwich
Texas Ranchero Beans
Chopped Romaine Salad
Diced Peaches

Tuesday, November 22

Breakfast

Cheese Biscuit
Raisins

Lunch

Sriracha Honey Chicken w/
Brown Rice
Scrambled Eggs w/Turkey
Sausage & Biscuit
Cali Blend Veggies
Steamed Corn
Frozen Fruit Cup

Wed., November 23

NO SCHOOL

**THANKS
GIVING!**



ENJOY YOUR
HOLIDAY!

Monday, November 28

Breakfast

Cinnamon Roll
Applesauce



Lunch

Mini Corn Dogs
Morningstar Veggie Burger
Baby Carrots
French Fries
Diced Pears

Tuesday, November 29

Breakfast

Biscuit w/Turkey Sausage
Fresh Apple

Lunch

Mandarin Orange Chicken w/
Brown Rice
Meatballs in Gravy w/Brown
Rice
Sweet Potato Souffle
Steamed Broccoli
Fruit Mix

Wed., November 30

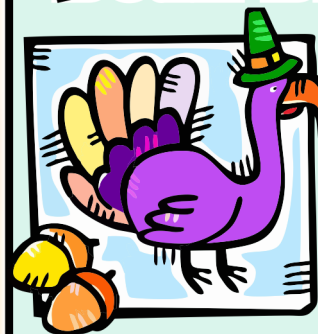
Breakfast

Pancake Sausage on a Stick
Raisins

Lunch

Buffalo Chicken Pasta w/
Breadstick
Cheeseburger
Steamed Corn
Glazed Carrots
Fresh Apple

Thanksgiving Beak Break!



See you
beak back
here on
**Monday,
Nov. 28!**

AMERICAN COUGARS GROW UP TO **8 FEET LONG** AND CAN WEIGH **200 POUNDS**, BUT THEY AREN'T CONSIDERED ONE OF THE "BIG CATS" BECAUSE **THEY CAN'T ROAR**. THE SOUNDS THEY MAKE ARE THE SAME PURRS, SCREAMS, HISSES, AND LOW-PITCHED GROWLS THAT **THE FAMILY CAT MAKES- ONLY LOUDER!**

**STRANGE
BUT TRUE!**

