

9th to 12th
Menus

December 2022

Pitt County Schools

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

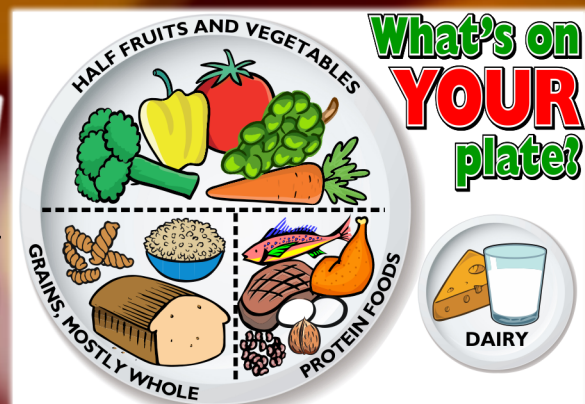
Make the healthy, economical choice!

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 <http://www.pitt.k12.nc.us/>



Into the frying pan, out of the fryer!

Think all fried foods are bad for your health? True, most deep-fat-fried foods are very high in calories and fat, but not all "fried" foods are created equal. Stir-frying uses only a little bit of healthful oil, like olive oil, and keeps veggies crispy and tasty and sliced lean meat or chicken flavorful and healthy!

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

this month: asparagus



There are some foods that most kids don't like, but most adults do. Why? It's a mystery! Take asparagus, for instance. Most kids won't even touch it -- it looks kind of weird, the texture is strange, and the taste is a little bitter. But most adults will agree that asparagus -- grilled, roasted, stir-fried, or steamed crisp -- is one of nature's top treats!



Thursday, December 1

Breakfast

Vanilla Belgian Waffle
Craisins

Lunch

Eastern NC BBQ w/Corn
Muffin
Cheese Stix
Marinara
Coleslaw
Baked Beans
Frozen Fruit Cup

Friday, December 2

Breakfast

Dunkin Stix
Diced Peach Cup

Lunch

Big Daddy's Pizza
Popcorn Chicken w/Biscuit
Green Beans
Mashed Potatoes
Diced Pear Cup

Monday, December 5

Breakfast

Mini Cinnis
Applesauce Cup



Lunch

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

Tuesday, December 6

Breakfast

Cheese Biscuit
Banana

Lunch

Scoopin Beef Tacos w/Tortilla
Chips & Cheese
Chicken Quesadilla Pizza
Salsa
Corn
Fiesta Black Beans
Fresh Apple

Wednesday, December 7

Breakfast

French Toast Sticks
Frozen Fruit Cup

Lunch

Grilled Cheese Sandwich
Mini Corn Dogs
Green Beans
Caesar Salad
Vegetable Soup
Fruit Crisp

Thursday, December 8

Breakfast

Mini Strawberry Bagels
Raisins

Lunch

Chicken Chunks
Baked Spaghetti
Dinner Roll
Cheesy Spinach
French Fries
Frozen Fruit Cup

Friday, December 9

Breakfast

Turkey Sausage Breakfast
Pizza
Diced Pear Cup

Lunch

Stuffed Crust Pizza
Cheeseburger
Broccoli w/Cheese Sauce
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, or Deli Wraps offered on Monday, Wednesday & Friday.
- Chef salads offered Tuesday & Thursday

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

FUZZY MATH.

Doctors say we should try not to eat any trans fat at all. But if a food serving has less than .5 grams of trans fat, the label can claim zero grams. And if you eat 4 or 5 servings, that adds up. Want to be sure? If "partially hydrogenated" oil is listed in the ingredients, then the food definitely contains trans fat.

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

We wish you & your family a warm & happy holiday season!

From the Pitt County School Nutrition Services Department



Happy Holidays!



Beware of Mistletoe!

Holiday Helpings!

It's fine to indulge in a sweet treat or fatty food on occasion during the holidays -- just try not to get carried away! In the puzzle below, see if you can find these twelve foods.

brownie butter chocolate danish fudge
gravy ice cream margarine
mayonnaise pie sugar cookie syrup

Answers could run left to right, top to bottom, or diagonally. We've given you the first one to get you started. Good luck!

S	E	C	H	O	C	O	L	A	T	E	M
U	D	A	N	I	S	H	W	P	H	W	A
G	K	A	V	Q	C	L	I	I	G	M	R
A	E	A	N	B	U	T	T	E	R	S	G
R	M	B	T	I	P	K	A	R	A	H	A
C	A	N	R	U	C	A	N	E	V	R	R
O	E	B	R	O	A	E	T	E	Y	I	I
O	L	Y	E	I	W	T	C	R	K	M	N
K	S	U	D	G	E	N	R	R	E	P	E
I	R	G	P	O	R	K	I	I	E	B	K
E	L	E	F	U	D	G	E	E	L	A	Z
R	M	A	Y	O	N	N	A	I	S	E	M

Monday, December 12

Breakfast

Banana or Lemon Bread
Applesauce Cup

MEATLESS MONDAY

Lunch

Nacho Bites
Chicken Filet Sandwich
Texas Ranchero Beans
Chopped Romaine Salad
Banana

Tuesday, December 13

Breakfast

Mini Eggo Pancakes
Raisins

Lunch

Sriaracha Honey Chicken w/
Rice
Scrambled Eggs with Turkey
Sausage and Biscuit
California Blend Veggies
Steamed Corn
Fresh Tangerine

Wednesday, December 14

Breakfast

Egg & Cheese Biscuit
Diced Peach Cup

Lunch

Beefaroni w/Roll
Mini Corn Dogs
Deli Roasted Potatoes
Cherry Tomato Cup
Spiced Apples

Thursday, December 15

Breakfast

Super Donut
Craisins

Lunch

Cheeseburger
Totchos w/Chicken & Cheese
Tortilla Chips
Tater Tots
Green Beans
Applesauce Cup

Friday, December 16

Breakfast

Blueberry or Chocolate Chip
Muffin
Diced Pear Cup

Lunch

Deep Dish Pepperoni Pizza
Fish Filet Sandwich w/Cheese
Seasoned Sweet Potato Fries
Fresh Broccoli Florets
Diced Peach Cup

Monday, December 19

Breakfast

Cinnamon Roll
Applesauce Cup

MEATLESS MONDAY

Lunch

Mini Corn Dogs
Veggie Burger w/Cheese
Glazed Carrots
French Fries
Craisins

Tuesday, December 20

Breakfast

Biscuit w/Turkey Sausage
Diced Peach Cup

Lunch

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

Wednesday, December 21

Breakfast

Pancake Turkey Sausage on a
Stick
Raisins

Lunch

Cheese Stix
Marinara
Dragon Juice
Frozen Fruit Cup
Fruit Roll-Up

EARLY RELEASE DAY



Time to turn the page!

Winter Holiday begins
at the end of classes

Wednesday, December 21

Classes resume:

Monday, January 4

We look forward to serving you in 2023!