

PreK-8th  
Menus  
**December 2022**  
Pitt County  
Schools

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

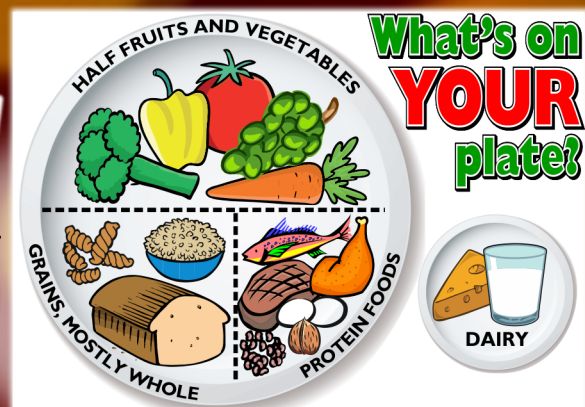
**Make the healthy,  
economical choice!**

**Breakfast**

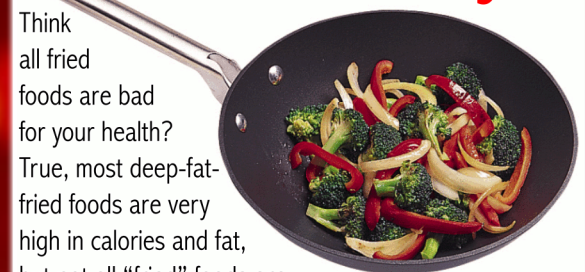
**Lunch**

**\$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!**



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)

**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**

Cheese or Pepperoni 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 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 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

Cheese or 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!