

9th to 12th Menus for Aug/September

Pitt County Schools

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



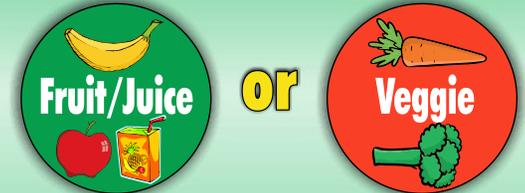
YOU'RE GOOD

ALL STUDENTS EAT ALL MEALS @ NO COST AGAIN THIS YEAR

PITT COUNTY SCHOOL NUTRITION SERVICES

DON'T 4 GET!

To make a lunch, choose at least one



PITT COUNTY SCHOOL NUTRITION SERVICES

Monday, August 28

Breakfast

Cinnamon Roll
Applesauce Cup

Lunch

Garlic Cheese French bread
Deli Ham or Turkey Wrap
Marinara Sauce
Chopped Romaine Salad
Froot Jooce Freeze

Tuesday, August 29

Breakfast

Egg & Cheese Croissant
Raisins

Lunch

Scoopin' Beef Tacos with
Tortilla Chips & Cheese
Deli Ham or Turkey Wrap
Steamed Corn
Fiesta Black Beans
Fresh Apple

Wednesday, August 30

Breakfast

Pancake Turkey Sausage on a
Stick
Fresh Apple

Lunch

Mini Corn Dogs
Deli Ham or Turkey Wrap
French Fries
Cucumber Slices
Spiced Apples

Thursday, August 31

Breakfast

Mini Pancakes
Craisins

Lunch

Chicken Filet Sandwich on
Bun
Deli Ham or Turkey Wrap
Broccoli with Cheese Sauce
Sweet Potato Waffle Fries

Friday, September 1

Breakfast

Belgian Waffle
Diced Pear Cup

Lunch

Big Daddy's 4 Cheese or
Turkey Pepperoni Pizza
Deli Ham or Turkey Wrap
Baby Carrots
Green Beans
Diced Peach Cup

HAPPY LABOR DAY!



Try not to be **BLUE** about Summer's end - enjoy the last sweet days of the season **BERRY** much!

Tuesday, September 5

Breakfast

Chicken Sausage Biscuit
Fresh Apple

Lunch

Mandarin Orange Chicken
with Chow Mein Noodles
Mini Corn Dogs
Sweet Potato Soufflé'
Steamed Broccoli
Fruit Mix

Wednesday, September 6

Breakfast

Pancake Turkey Sausage on a
Stick
Raisins

Lunch

Buffalo Chicken Pasta with
Roll
Cheeseburger on Bun
French Fries
Glazed Carrots
Fresh Apple

Thursday, September 7

Breakfast

Belgian Waffle
Craisins

Lunch

Eastern NC BBQ or TX
Chicken BBQ on Bun
Cheese Stix
Marinara Sauce
Coleslaw
TX Ranchero Beans
Diced Peach Cup

Friday, September 8

Breakfast

Dunkin Stix
Diced Peach Cup

Lunch

Big Daddy's 4 Cheese or
Turkey Pepperoni Pizza
Arroz Con Pollo (ACP)
Green Beans
Steamed Corn
Diced Peach Cup

NUTRITION TO GO

Broccoli is a "smart carb," a food that provides lots of fiber and complex carbohydrates that aid digestion and make you feel full longer. Broccoli's good for bone health, heart health, cancer prevention, reducing cholesterol, and even reducing allergies and inflammation!

A QUICK BITE FOR PARENTS

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

Monday, September 11

Breakfast

Mini Cinnis
Applesauce Cup

Lunch

Baked Macaroni and Cheese
Chili Cheese Fries with Corn Muffin
Cucumber Slices
French Fries
Banana

Tuesday, September 12

Breakfast

Chicken Sausage Biscuit
Banana

Lunch

Scoopin' Beef Tacos with Tortilla Chips and Cheese
Chicken Empanada
Salsa
Steamed Corn
Fiesta Black Beans
Fresh Apple

Wednesday, September 13

Breakfast

French Toast Sticks
Fresh Pear

Lunch

Meatball Sub
Beef Hotdog on Bun
Green Beans
Baked Beans
Fruit Crisp

Thursday, September 14

Breakfast

Mini Strawberry Cream
Cheese Bagels
Diced Peach Cup

Lunch

Chicken Chunks
Baked Spaghetti Roll
Caesar Salad
Glazed Carrots
Froot Jooce Freeze

Friday, September 15

Breakfast

Turkey Sausage Breakfast
Pizza
Diced Pear Cup

Lunch

Deep Dish Turkey Pepperoni
Pizza
Teriyaki Chicken Dumplings
Steamed Broccoli
Sweet Potato Waffle Fries
Fruit Mix

Monday, September 18

Breakfast

Banana or Berry Bread
Applesauce Cup

Lunch

Mozzarella Cheese Sticks with Marinara Sauce
Sriracha Honey Chicken with Rice
Cherry Tomato Cup
Green Beans
Banana

Tuesday, September 19

Breakfast

Super Donut
Raisins

Lunch

Chicken Filet Sandwich on Bun
Scrambled Eggs with Turkey Sausage and Biscuit
California Blend Veggies
Deli Roasted Potatoes
Fresh Pear

Wednesday, September 20

Breakfast

Mini Pancakes
Fresh Pear

Lunch

Beefaroni with Roll
Mini Corn Dogs
Baked Beans
Chopped Romaine Salad
Spiced Apples

Thursday, September 21

Breakfast

Egg and Cheese Croissant
Craisins

Lunch

Chicken and Mashed Potato Bowl
Cheeseburger on Bun
Steamed Corn
Mashed Potatoes
Frozen Strawberry Cup

Friday, September 22

Breakfast

Large Muffin
Diced Pear Cup

Lunch

Beef Fiestada Pizza
Chicken Wings with Roll
Sweet Potato Waffle Fries
Broccoli with Cheese Sauce
Diced Peach Cup

Monday, September 25

Breakfast

Cinnamon Roll
Applesauce Cup

Lunch

Breaded Chicken Drumstick with Biscuit
Veggie Burger with Cheese on Bun
Baby Carrots
Mashed Potatoes
Banana

Tuesday, September 26

Breakfast

Chicken Sausage Biscuit
Fresh Apple

Lunch

Mandarin Orange Chicken with Chow Mein Noodles
Mini Corn Dogs
Sweet Potato Soufflé
Fruit Mix

Wednesday, September 27

Breakfast

Pancake Turkey Sausage on a Stick
Raisins

Lunch

Buffalo Chicken Pasta with Roll
Cheeseburger on Bun
French Fries
Glazed Carrots
Fresh Apple

Thursday, September 28

Breakfast

Belgian Waffle
Craisins

Lunch

Eastern NC BBQ or TX
Chicken BBQ on bun
Cheese Stix
Marinara Sauce
Coleslaw
TX Ranchero Beans

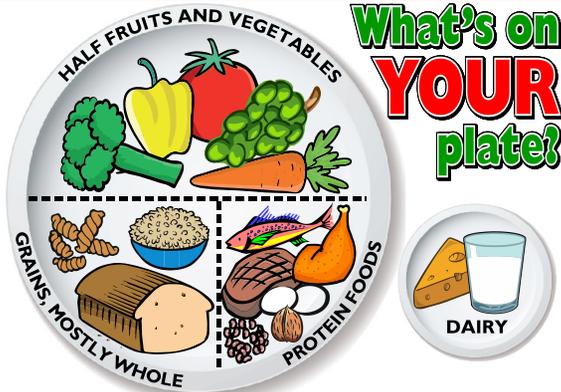
Friday, September 29

Breakfast

Dunkin Stix
Diced Peach Cup

Lunch

Big Daddy's 4 Cheese or Turkey Pepperoni Pizza
Arroz con Pollo (ACP)
Green Beans
Steamed Corn
Diced Pear Cup



Tastes like summer!



Fresh summer tomatoes are one of the great taste treats of the year. Over 10,000 varieties of tomatoes exist, and Americans eat an average of 22 pounds worth a year -- but most of that is packaged stuff, in the form of ketchup and tomato sauce. Do yourself a favor -- eat some delicious summertime tomatoes the way nature "packaged" them -- warm and juicy, right off the vine!

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