

# Prek to 8th Menus for Aug/September

## Pitt County Schools

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



### Monday, August 28

#### Breakfast

Cinnamon Roll  
Applesauce Cup

#### Lunch

Cheese Stix  
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

Deep Dish Turkey Pepperoni  
Pizza  
Deli Ham or Turkey Wrap  
Baby Carrots  
Green Beans  
Diced Peach Cup

### 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

Cheese or Pepperoni Pizza  
Arroz Con Pollo (ACP)  
Green Beans  
Steamed Corn  
Diced Pear Cup

# 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



or



and 3-5  
items  
total



PITT COUNTY SCHOOL  
NUTRITION SERVICES

## HAPPY LABOR DAY!



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

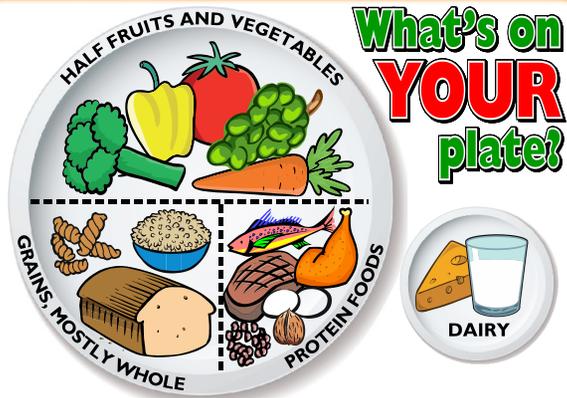
## NUTRITION TO GO

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 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



**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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

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**  
Meatballs in Gravy with Rice  
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**  
Stuffed Crust 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**  
Cheese or Pepperoni Pizza  
Arroz con Pollo (ACP)  
Green Beans  
Steamed Corn  
Diced Pear Cup