




Hoke County Schools Breakfast Menus for September 2024

PRE-K SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday
September 2  No School!	September 3 Pancake on a Stick Assorted Cereals Assorted Juice Assorted Milk	September 4 Chocolate Chip French Toast Minis Assorted Cereals Mandarin Oranges Assorted Milk	September 5 Chicken Biscuit Assorted Cereals Assorted Juice Assorted Milk	September 6 Banana Muffin Assorted Cereals Diced Peaches Assorted Milk
September 9 Apple Muffin Assorted Cereals Strawberry Applesauce Assorted Milk	September 10 Maple Waffle Minis Assorted Cereals Assorted Juice Assorted Milk	September 11 Cinnamon French Toast Minis Assorted Cereals Mandarin Oranges Assorted Milk	September 12 Sausage Biscuit Assorted Cereals Assorted Juice Assorted Milk	September 13 Breakfast Bites Assorted Cereals Diced Peaches Assorted Milk
September 16 Maple Pancake Minis Assorted Cereals Strawberry Applesauce Assorted Milk	September 17 Pancake on a Stick Assorted Cereals Assorted Juice Assorted Milk	September 18 French Toast Sticks Assorted Cereals Mandarin Oranges Assorted Milk	September 19 Breakfast Pizza Assorted Cereals Assorted Juice Assorted Milk	September 20 Banana Muffin Assorted Cereals Diced Peaches Assorted Milk
September 23 Apple Muffin Assorted Cereals Strawberry Applesauce Assorted Milk	September 24 Maple Waffle Minis Assorted Cereals Assorted Juice Assorted Milk	September 25 Chocolate Chip French Toast Minis Assorted Cereals Mandarin Oranges Assorted Milk	September 26 Chicken Biscuit Assorted Cereals Assorted Juice Assorted Milk	September 27 Breakfast Bites Assorted Cereals Diced Peaches Assorted Milk
September 30 Maple Pancake Minis Assorted Cereals Strawberry Applesauce Assorted Milk				

Families Making the Connection

Taste & Learn About Local Produce

North Carolina is fortunate to have a bounty of agricultural products. “Goodness Grows in North Carolina”! You can find locally grown food in grocery stores, roadside stands, and farmers markets as well as restaurants, schools, and early care and education sites across the state.

For National Fruits & Veggies Month in September and Farm to School and Early Care and Education Month in October, plan to participate in the N.C. Crunch, an opportunity to taste and learn about North Carolina grown fruits and veggies. Schools, early care and education centers, organizations, and families can sign up and receive a free guide with tips, templates, and links to resources. Share photos on social media of you tasting and learning about N.C. produce using #NCCrunch. Learn more and sign up at <https://growing-minds.org/north-carolina-crunch>.

The N.C. Crunch is also an opportunity to recognize all those involved in feeding our youth and communities—farmers, distributors, school nutrition professionals, transportation professionals and more. Let’s thank our dedicated #FarmtoSchoolHeroes across the state!



Hoke County Schools Lunch Menus for September 2024

PRE-K SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday
September 2  No School!	September 3 Chicken Quesadilla Buttered Corn Shredded Cheese Diced Tomatoes Shredded Lettuce Salsa *Fresh NC Apple Wedges Lowfat or Fat-Free Milk	September 4 Spaghetti w/Meatballs Steamed Broccoli *Fresh NC Peach Lowfat or Fat-Free Milk	September 5 Mandarin Orange Chicken Candied Yams *Steamed Heirloom Carolina Gold Rice Mandarin Oranges Lowfat or Fat-Free Milk	September 6 Sloppy Joe on Bun Seasoned French Fries *Fresh NC Asian Pear Lowfat or Fat-Free Milk
September 9 Chicken Tenders Mashed Potatoes Diced Peaches Lowfat or Fat-Free Milk	September 10 Pork Riblet on Bun Seasoned Sweet Potato Fries *Fresh NC Sliced Apples Lowfat or Fat-Free Milk	September 11 Beefy Nachos Black Beans Shredded Lettuce Diced Tomatoes Salsa *Fresh NC Watermelon Lowfat or Fat-Free Milk	September 12 Asian Zing Meatballs *Fresh NC Hibachi Zucchini & Squash Steamed Rice Mandarin Oranges Lowfat or Fat-Free Milk	September 13 Retro Pepperoni Pizza Steamed Broccoli *Fresh NC Cantaloupe Low Fat or Fat-Free Milk
September 16 Popcorn Chicken Potato Tots *Fresh NC Peach Lowfat or Fat-Free Milk	September 17 Meatball Sub Pinto Beans *Fresh NC Melons Lowfat or Fat Free Milk	September 18 Deep Dish Cheese Pizza Buttered Corn Pineapples Tidbits Lowfat or Fat Free Milk	September 19 Oven Roasted Chicken *Fresh NC Collard Greens Dinner Roll Diced Pears Lowfat or Fat Free Milk	September 20 Corndog Cheesy French Fries Mixed Fruit Lowfat or Fat Free Milk
September 23 Chicken Nuggets Steamed Broccoli *NC Berry Medley Low Fat or Fat-Free Milk	September 24 Soft Shell Beef Taco Buttered Corn Shredded Cheese Salsa *Fresh Apple Slices Low-fat or Fat-Free Milk	September 25 Meatball Sub Seasoned Sweet Potato Fries *Fresh Peach Low-fat or Fat-Free Milk	September 26 Mandarin Orange Chicken *Hibachi Zucchini & Squash Chow Mein Noodles Mandarin Oranges Low-fat or Fat-Free Milk	September 27 Hot Dog on Bun Baked Beans *Fresh Melons Low Fat or Fat-Free Milk
September 30 Chick Fillet on Bun Seasoned Potato Tots *Fresh NC Asian Pear Lowfat or Fat-Free Milk				*NC Farm-to-School 