




Hoke County Schools Breakfast Menus for September 2024

ELEMENTARY SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday
September 2  No School!	September 3 Cinni Minis Assorted Cereals Graham Crackers Diced Pears Assorted Juice Assorted Milk	September 4 Chocolate Chip French Toast Minis Assorted Cereals Graham Crackers Mandarin Oranges Assorted Juice Assorted Milk	September 5 Chicken Biscuit Assorted Cereals Graham Crackers Applesauce Cup Assorted Juice Assorted Milk	September 6 Honey Bun Assorted Cereals Graham Crackers Diced Peaches Assorted Juice Assorted Milk
September 9 Super Cruller Assorted Cereals Graham Crackers Strawberry Applesauce Assorted Juice Assorted Milk	September 10 Maple Waffle Minis Assorted Cereals Graham Crackers Diced Pears Assorted Juice Assorted Milk	September 11 Cinnamon French Toast Minis Assorted Cereals Graham Crackers Mandarin Oranges Assorted Juice Assorted Milk	September 12 Sausage Biscuit Assorted Cereals Graham Crackers Applesauce Cup Assorted Juice Assorted Milk	September 13 Cinnamon Roll Assorted Cereals Graham Crackers Diced Peaches Assorted Juice Assorted Milk
September 16 Maple Pancake Minis Assorted Cereals Graham Crackers Strawberry Applesauce Assorted Juice Assorted Milk	September 17 Chicken Pancake Sausage Sandwich Assorted Cereals Graham Crackers Diced Pears Assorted Juice Assorted Milk	September 18 French Toast Sticks Assorted Cereals Graham Crackers Mandarin Oranges Assorted Juice Assorted Milk	September 19 Breakfast Pizza Assorted Cereals Graham Crackers Applesauce Cup Assorted Juice Assorted Milk	September 20 Dunkin Stix Assorted Cereals Graham Crackers Diced Peaches Assorted Juice Assorted Milk
September 23 Apple Muffin Assorted Cereals Graham Crackers Strawberry Applesauce Assorted Juice Assorted Milk	September 24 Cinni Minis Assorted Cereals Graham Crackers Diced Pears Assorted Juice Assorted Milk	September 25 Chocolate Chip French Toast Minis Assorted Cereals Graham Crackers Mandarin Oranges Assorted Juice Assorted Milk	September 26 Chicken Biscuit Assorted Cereals Graham Crackers Applesauce Cup Assorted Juice Assorted Milk	September 27 Honey Bun Assorted Cereals Graham Crackers Diced Peaches Assorted Juice Assorted Milk
September 30 Super Cruller Assorted Cereals Graham Crackers Strawberry Applesauce Assorted Juice 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

ELEMENTARY SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday
September 2 	September 3 Chicken Quesadilla Grilled Cheese Sandwich Taco Chef Salad w/ Chips Black Beans Buttered Corn Shredded Cheese Diced Tomatoes Shredded Lettuce, Salsa *Fresh NC Apple Wedges Lowfat or Fat-Free Milk	September 4 Spaghetti w/Meatballs Peanut Butter and Jelly Sandwich Veggie Burger on Bun Steamed Broccoli Steamed Carrots *Fresh NC Peach Wild Mike's Cheesy Bites Lowfat or Fat-Free Milk	September 5 General Tso's Chicken Grilled Cheese Sandwich Chef Salad w/ Grilled Chicken w/ Breadstick Stir Fry Vegetables Candied Yams *Steamed Heirloom Carolina Gold Rice Mandarin Oranges Breadstick Lowfat or Fat-Free Milk	September 6 Sloppy Joe on Bun Wedge Cheese Pizza Peanut Butter and Jelly Sandwich Seasoned French Fries Baked Beans *Fresh NC Asian Pear Lowfat or Fat-Free Milk
September 9 Chicken Tenders Retro Cheese Pizza Grilled Cheese Sandwich Steamed Broccoli Mashed Potatoes Diced Peaches Dinner Roll Lowfat or Fat-Free Milk	September 10 Pork Riblet on Bun Peanut Butter & Jelly Sandwich **Chef Salad w/ Egg & Cheese w/ Breadstick Seasoned Sweet Potato Fries Baked Beans *Fresh NC Sliced Apples Lowfat or Fat-Free Milk	September 11 Beefy Nachos Chicken Quesadilla Grilled Cheese Sandwich Black Beans, Buttered Corn Shredded Lettuce Diced Tomatoes Salsa *Fresh NC Watermelon Lowfat or Fat-Free Milk	September 12 Asian Zing Meatballs Peanut Butter & Jelly Sandwich Chef Salad w/ Grilled Chicken w/ Breadstick *Fresh NC Hibachi Zucchini & Squash Candied Yams Steamed Rice Mandarin Oranges Breadstick Lowfat or Fat-Free Milk	September 13 Retro Pepperoni Pizza Grilled Cheese Sandwich Cheeseburger on Bun Steamed Broccoli Potato Rounds *Fresh NC Cantaloupe Low Fat or Fat-Free Milk
September 16 Popcorn Chicken Peanut Butter and Jelly Sandwich Stuffed Crust Cheese Pizza Green Beans Potato Tots *Fresh NC Peach Dinner Roll Lowfat or Fat-Free Milk	September 17 Meatball Sub Grilled Cheese Sandwich Chef's Salad w Diced Chicken w/ Dinner Roll Pinto Beans Seasoned Sweet Potato Fries *Fresh NC Melons Lowfat or Fat Free Milk	September 18 Deep Dish Cheese Pizza Peanut Butter & Jelly Sandwich Black Bean Burger on Bun Savory Spinach w. Tortilla Chips Buttered Corn Pineapples Tidbits Lowfat or Fat Free Milk	September 19 Oven Roasted Chicken Grilled Cheese Sandwich Chef Salad w/ Egg & Cheese w. Breadstick *Fresh NC Collard Greens Candied Yams Dinner Roll Diced Pears Lowfat or Fat Free Milk	September 20 Corndog Peanut Butter and Jelly Sandwich Veggie Burger on Bun Cheesy French Fries Baked Beans Mixed Berry Cup Lowfat or Fat Free Milk
September 23 Chicken Nuggets Grilled Cheese Sandwich Veggie Burger on Bun Steamed Broccoli Mashed Potatoes *NC Berry Medley Dinner Roll Low Fat or Fat-Free Milk	September 24 Soft Shell Beef Taco Peanut Butter & Jelly Sandwich Chef's Salad w Diced Chicken w/ Dinner Roll Black Beans Buttered Corn Shredded Cheese, Salsa *Fresh Apple Slices Low-fat or Fat-Free Milk	September 25 Meatball Sub Grilled Cheese Sandwich Veggie Burger on Bun Steamed Broccoli Seasoned Sweet Potato Fries *Fresh Peach Low-fat or Fat-Free Milk	September 26 Mandarin Orange Chicken Peanut Butter & Jelly Sandwich Chef Salad w Chicken Nuggets w Breadstick *Hibachi Zucchini & Squash Steamed Carrots Chow Mein Noodles Mandarin Oranges Low-fat or Fat-Free Milk	September 27 Hot Dog on Bun Grilled Cheese Sandwich Grilled Chicken Wrap Chili Coleslaw Baked Beans Chili Cheese French Fries *Fresh Melons Low Fat or Fat-Free Milk
September 30 Chick Fillet on Bun Corn Dog Nuggets Peanut Butter & Jelly Sandwich Steamed Broccoli Seasoned Potato Tots *Fresh NC Asian Pear Dinner Roll Lowfat or Fat-Free Milk				*NC Farm-to-School ** Chef Salads feature NC Grape Tomatoes 