




# Hoke County Schools Breakfast Menus for September 2024

## MIDDLE SCHOOLS

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

## MIDDLE SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>September 2</b></p> 	<p><b>September 3</b></p> <p>Chicken Quesadilla Soft Shell Beef Taco Taco Chef Salad w/ Chips Black Beans Buttered Corn Shredded Cheese Diced Tomatoes Shredded Lettuce, Salsa <b>*Fresh NC Apple Wedges</b> Lowfat or Fat-Free Milk</p>	<p><b>September 4</b></p> <p>Spaghetti w/Meatballs Wild Mike's Cheesy Bites w/<i>Marinara Sauce</i> Veggie Burger on Bun Steamed Broccoli Steamed Carrots <b>*Fresh NC Peach</b> 100% Vegetable Juice Box Wild Mike's Cheesy Bites Lowfat or Fat-Free Milk</p>	<p><b>September 5</b></p> <p>General Tso's Chicken Honey Sriracha Boneless Wings Chef Salad w/ Grilled Chicken w/ Breadstick Stir Fry Vegetables Candied Yams Chow Mein Noodles Mandarin Oranges <b>*Fresh NC Apple Wedges</b> Lowfat or Fat-Free Milk</p>	<p><b>September 6</b></p> <p>Sloppy Joe on Bun Wedge Cheese Pizza Veggie Burger on Bun Seasoned French Fries Baked Beans <b>*Fresh NC Asian Pear</b> 100% Vegetable Juice Box Lowfat or Fat-Free Milk</p>
<p><b>September 9</b></p> <p>Chicken Tenders Retro Cheese Pizza Veggie Burger on Bun Steamed Broccoli Mashed Potatoes Diced Peaches Dinner Roll Lowfat or Fat-Free Milk</p>	<p><b>September 10</b></p> <p>Pork Riblet on Bun Grilled Cheese Sandwich <b>**Chef Salad w/ Egg &amp; Cheese</b> w/ Breadstick Seasoned Sweet Potato Fries Baked Beans <b>*Fresh NC Sliced Apples</b> 100% Vegetable Juice Box Lowfat or Fat-Free Milk</p>	<p><b>September 11</b></p> <p>Beefy Nachos Chicken Quesadilla Black Bean Burger on Bun Black Beans, Buttered Corn Shredded Lettuce Diced Tomatoes Shredded Cheese, Salsa 100% Fruit Juice Box <b>*Fresh NC Watermelon</b> Lowfat or Fat-Free Milk</p>	<p><b>September 12</b></p> <p>Asian Zing Meatballs Honey Sriracha Boneless Wings Chef Salad w/ Grilled Chicken w/ Breadstick <b>*Fresh NC Hibachi Zucchini &amp; Squash</b> Glazed Carrots Steamed Rice Mandarin Oranges 100% Vegetable Juice Box Breadstick Lowfat or Fat-Free Milk</p>	<p><b>September 13</b></p> <p>Retro Pepperoni Pizza Buffalo Chicken Pizza Peanut Butter &amp; Jelly Sandwich Steamed Broccoli Potato Rounds <b>*Fresh NC Cantaloupe</b> Low Fat or Fat-Free Milk</p>
<p><b>September 16</b></p> <p>Popcorn Chicken PB&amp;J Uncrustable Stuffed Crust Cheese Pizza Green Beans Potato Tots <b>*Fresh NC Peach</b> Dinner Roll 100% <b>Red/Orange</b> <b>Vegetable</b> Juice Box Lowfat or Fat-Free Milk</p>	<p><b>September 17</b></p> <p>Meatball Sub Grilled Chicken Sandwich Chef's Salad w Diced Chicken w/ Dinner Roll Pinto Beans Seasoned Sweet Potato Fries <b>*Fresh NC Melons</b> Lowfat or Fat Free Milk</p>	<p><b>September 18</b></p> <p>Deep Dish Cheese Pizza Cheeseburger on Bun Black Bean Burger on Bun Savory Spinach w. Tortilla Chips Buttered Corn Pineapples Tidbits 100% Fruit Juice Box Lowfat or Fat Free Milk</p>	<p><b>September 19</b></p> <p>Oven Roasted Chicken Grilled Cheese Sandwich Chef Salad w/ Egg &amp; Cheese w. Breadstick <b>*Fresh NC Collard Greens</b> Candied Yams Dinner Roll Diced Pears Lowfat or Fat Free Milk</p>	<p><b>September 20</b></p> <p>Corndog Honey Sriracha Chicken Veggie Burger on Bun Cheesy French Fries Baked Beans Mixed Berry Cup 100% Vegetable Juice Box Lowfat or Fat Free Milk</p>
<p><b>September 23</b></p> <p>Chicken Nuggets Spicy Chicken Sandwich Veggie Burger on Bun Steamed Broccoli Mashed Potatoes <b>*NC Berry Medley</b> Dinner Roll Low Fat or Fat-Free Milk</p>	<p><b>September 24</b></p> <p>Soft Shell Beef Taco Chicken Quesadilla Chef's Salad w Diced Chicken w/ Dinner Roll Black Beans, Buttered Corn Shredded Lettuce, Diced Tomatoes Shredded Cheese, Salsa <b>*Fresh Apple Slices</b> 100% Vegetable Juice Box Low-fat or Fat-Free Milk</p>	<p><b>September 25</b></p> <p>Meatball Sub Buffalo Chicken Wings Veggie Burger on Bun Steamed Broccoli Seasoned Sweet Potato Fries <b>*Fresh Peach</b> 100% Fruit Juice Box Low-fat or Fat-Free Milk</p>	<p><b>September 26</b></p> <p>Mandarin Orange Chicken Cheeseburger on Bun Chef Salad w Chicken Nuggets w Breadstick <b>*Hibachi Zucchini &amp; Squash</b> Steamed Carrots Chow Mein Noodles Mandarin Oranges 100% Vegetable Juice Box Low-fat or Fat-Free Milk</p>	<p><b>September 27</b></p> <p>Hot Dog on Bun Grilled Chicken Wrap Peanut Butter &amp; Jelly Sandwich Chili Coleslaw Baked Beans Chili Cheese French Fries <b>*Fresh Melons</b> Low Fat or Fat-Free Milk</p>
<p><b>September 30</b></p> <p>Chick Fillet on Bun Corn Dog Nuggets Stuffed Crust Cheese Pizza Steamed Broccoli Seasoned Potato Tots <b>*Fresh NC Asian Pear</b> 100% <b>Red/Orange</b> <b>Vegetable</b> Juice Box Lowfat or Fat-Free Milk</p>				<p><b>*NC Farm-to-School</b> <b>** Chef Salads feature</b> <b>NC Grape Tomatoes</b></p> 