



## Pamlico County Schools Menus for January 2025 (Grades K-8)

Monday		Tuesday		Wednesday	Thursday	Friday
<b>Fuel Your Morning Beverages:</b> -1% Low-Fat Milk -Fat-Free Chocolate Milk -100% Fruit Juice <b>Breakfast Foods:</b> -Various Cereals (PCMS Only)		<b>Delicious Daily Lunch Beverages:</b> -1% Low-Fat Milk, Fat-Free Chocolate Milk <b>Main Course:</b> -Peanut Butter & Jelly Sandwich *Ham & Cheese Sandwich and Ham & Cheese (Bento Box) (FAA Only)		January 1	January 2	January 3
<b>BREAKFAST</b> Warm Donuts Crisp Apple Juice Tart Dried Cranberries	<b>BREAKFAST</b> Muffin Fresh Fruit Punch Fruit medley cup	<b>BREAKFAST</b> Crispy Chicken Waffle Crisp Apple Juice Sweet Raisins	<b>BREAKFAST</b> Pop- tart Juicy Fruit Punch Creamy Applesauce Cup	<b>BREAKFAST</b> Sausage Biscuit Juicy Apple Juice Fresh Bananas		
<b>January 6 LUNCH</b> Crispy Mozzarella Sticks with Zesty Marinara Sweet Steamed Corn Sweet Raisins	<b>January 7 LUNCH</b> Cheeseburger Delight 🍔 <i>Your way: Pickles, Mayo, Ketchup, Mustard</i> Golden Sweet Potato Fries Garden Fresh Peas Applesauce Cup	<b>January 8 LUNCH</b> Oven-Roasted Chicken <i>Flavor it your way: Hot or BBQ</i> Flavorful Fried Rice Classic Baked Beans Steamed Green Beans Pineapple	<b>January 9 LUNCH</b> Nachos Supreme: Add a kick with sliced jalapeños. Creamy Cheesy Broccoli Sweet Glazed Carrots Juicy Grapes	<b>January 10 LUNCH</b> Cheesy Stuffed Crust Pizza Golden-Brown Tater Tots Crisp & Fresh Tossed Salad Warm Spiced Apples		
<b>January 13</b> Bold Buffalo Wings with Creamy Dips Steamed Rice Sweet & Savory Carrots Hearty Ranchero Beans Sweet Finish: Pineapples	<b>January 14</b> Classic Spaghetti Buttery Garlic Bread Crisp Garden Salad, Creamy Ranch Sweet Potato Delight Sweet Strawberries with Creamy Cool Whip	<b>January 15</b> Mini Corn Dog Bites: Dip 'em in Ketchup or Honey Mustard! Cheesy Broccoli Florets Hearty Baked Beans Sweet Peaches	<b>January 16</b> Warm Grilled Ham & Cheese Steamed Green Beans Sweet Corn on the Cob Crisp Apples	<b>January 17</b> Cheesy Pepperoni Pizza Crispy Wedges, Ketchup Dip Crunchy Salad, Creamy Ranch Tangy Spiced Apples		
<b>January 20</b> MLK DAY	<b>January 21</b> Oven-Roasted Chicken <i>Flavor it your way: Hot or BBQ</i> Baked Rice, Oven-Style Classic Baked Beans Sweet & Savory Carrots Pears	<b>January 22</b> Crispy Mozzarella Sticks with Zesty Marinara Sweet Steamed Corn Sweet Dried Cranberries	<b>January 23</b> Nachos Supreme: Add a kick with sliced jalapeños. Creamy Cheesy Broccoli Hearty Ranchero beans Juicy Grapes	<b>January 24</b> Cheesy Pizza Crispy Waffle Fries (Ketchup or Hot Sauce) Crunchy Salad with Ranch Sweet Spiced Apples		
<b>January 27</b> Creamy Mac & Cheese with Crispy Chicken Nuggets Cheesy Broccoli Florets Sweet Corn Peach Slices	<b>January 28</b> Walking Tacos with your favorite toppings! Zesty Salsa for a fiery kick Hearty Ranchero Beans Mixed Fruit Cup	<b>January 29</b> Mini Corn Dog Bites: Dip 'em in Ketchup or Honey Mustard! Sweet & Tangy Glazed Carrots Hearty Baked Beans Pineapple	<b>January 30</b> Spicy Chicken Sandwich (Your Way: Mayo or Ketchup) Crispy Sweet Potato Fries Tangy Coleslaw Dried Cranberries	<b>January 31</b> Cheesy Stuffed Crust Pizza Crispy Wedges, Ketchup or Hot Sauce Dip Crunchy Salad, Creamy Ranch Warm Spiced Apples		

### Families Making the Connection Move Your Way – Be Active Every Day!

Please note that menus are subject to change due to product availability

January is Family Fitness Month, a great time to renew or start a fitness routine with your family. Families that are active are healthier. Families that are active together have more fun!

Physical activity fosters normal growth and development, can make people feel better, function better, sleep better, and reduce the risk of chronic diseases. According to the Physical Activity Guidelines for Americans, youth ages 6-17 should be active for at least 60 minutes each day. For substantial health benefits, adults should do at least 150-300 minutes a week of moderate-intensity, or 75-150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination. Think 3 – three ways to exercise:

- 1. Work out your heart.** Aerobic exercise gets your heart pumping. Dancing, swimming, biking, running, taking a brisk walk, or playing volleyball, football, basketball, soccer, pickle ball, or tennis are some options.
- 2. Strengthen your muscles and bones.** Strengthening gives you more power, protects you from injuries, and helps you burn more calories. You don't have to lift weights. Leg lunges or squats, pull-ups, push-ups, planks, and ab crunches work.
- 3. Keep your body flexible.** Flexibility keeps muscles and joints from getting stiff, improves performance, and protects from sprains or strains. Stretching or doing yoga, tai chi, or pilates can help.