



Pamlico County Schools Menus for January 2025 (Grades 9-12)

		January 1	January 2	January 3
Fuel Your Morning Beverages: -1% Low-Fat Milk -Fat-Free Chocolate Milk -100% Fruit Juice Breakfast Foods: -Assorted Pop-Tarts -Various Cereals		Delicious Daily Lunch Beverages: -1% Low-Fat Milk, Fat-Free Chocolate Milk Main Course: -Peanut Butter & Jelly Sandwich (Bento Box) -Ham & Cheese Sandwich (Bento Box) -Chef Salad (Tuesdays & Thursdays)		
BREAKFAST Warm Cinnamon Rolls Crisp Apple Juice Tart Dried Cranberries	BREAKFAST Golden French Toast Sticks with Maple Syrup Fresh Fruit Punch Fruit medley cup	BREAKFAST Crispy Chicken Waffle Crisp Apple Juice Sweet Raisins	BREAKFAST Muffin Juicy Fruit Punch Creamy Applesauce Cup	BREAKFAST Sausage Biscuit Juicy Apple Juice Fresh Bananas
January 6 LUNCH Crispy Mozzarella Sticks with Zesty Marinara Sweet Steamed Corn Sweet & Tangy: Raisins & Peaches	January 7 LUNCH Cheeseburger Delight 🍔 <i>Your way: Pickles, Mayo, Ketchup, Mustard</i> Golden Sweet Potato Fries Garden Fresh Peas Sweet & Tart Duo Applesauce & Dried Cranberries	January 8 LUNCH Oven-Roasted Chicken <i>Flavor it your way: Hot or BBQ</i> Flavorful Fried Rice Classic Baked Beans Steamed Green Beans Tropical Treat: Pineapple & Pears	January 9 LUNCH Nachos Supreme: Add a kick with sliced jalapeños. Creamy Cheesy Broccoli Sweet Glazed Carrots Juicy Grapes & Raisins	January 10 LUNCH Cheesy Stuffed Crust Pizza Golden-Brown Tater Tots Crisp & Fresh Tossed Salad Warm Spiced Apples & Juicy Sliced Oranges
January 13 Bold Buffalo Wings with Creamy Dips Steamed Rice Sweet & Savory Carrots Hearty Ranchero Beans Sweet Finish: Pineapple & Applesauce	January 14 Hearty Meatloaf served with soft Dinner Rolls Creamy Mashed Potatoes Steamed Green Beans Tart Cranberries & Sweet Strawberries with Creamy Cool Whip	January 15 Mini Corn Dog Bites: Dip 'em in Ketchup or Honey Mustard! Cheesy Broccoli Florets Hearty Baked Beans Sweet Peach & Raisin Medley	January 16 Warm Grilled Ham & Cheese Sweet Steamed Corn Sweet potato Delight Crisp Apple & Pear Slices	January 17 Cheesy Pepperoni Pizza Crispy Wedges, Ketchup Dip Crunchy Salad, Creamy Ranch Tangy Spiced Apples & Raisins
January 20 We Will Be CLOSED on MLK DAY	January 21 Oven-Roasted Chicken <i>Flavor it your way: Hot or BBQ</i> Baked Rice, Oven-Style Classic Baked Beans Sweet & Savory Carrots Tropical Treat: Pineapple & Pears	January 22 Crispy Mozzarella Sticks with Zesty Marinara Sweet Steamed Corn Sweet & Tangy: Dried Cranberry & Peaches	January 23 Nachos Supreme: Add a kick with sliced jalapeños. Creamy Cheesy Broccoli Hearty Ranchero beans Juicy Grapes & Applesauce	January 24 Cheesy Pizza Crispy Waffle Fries (Ketchup or Hot Sauce) Crunchy Salad with Ranch Sweet Spiced Apples & Raisins
January 27 Creamy Mac & Cheese with Crispy Chicken Nuggets Cheesy Broccoli Florets Sweet Corn Peach Slices & Applesauce	January 28 Walking Tacos with your favorite toppings! Zesty Salsa for a fiery kick Hearty Ranchero Beans Mixed Fruit Cup & Raisins	January 29 Tender Beef Teriyaki Bites served over fluffy White Rice Sweet & Tangy Glazed Carrots Hearty Baked Beans Pineapple & Pear Slices	January 30 Spicy Chicken Sandwich (Your Way: Mayo or Ketchup) Crispy Sweet Potato Fries Tangy Coleslaw Fresh Apple & Cranberries	January 31 Cheesy Stuffed Crust Pizza Crispy Wedges, Ketchup or Hot Sauce Dip Crunchy Salad, Creamy Ranch Warm Spiced Apples & Juicy Sliced Oranges

Nutrition Byte

Exercise = Energize!

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

Exercise is more than good for you. It can rev up your energy levels and improve your mood. It can also help you focus, sleep better, look good, and stay at a healthy weight. Get ready to energize!

Think 3 – three ways to exercise:

- 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.
- Strengthen your muscles.** Besides giving you more power, strengthening protects you from injuries. It also helps you burn more calories. Weightlifting isn't the only way to get strong. In fact, leg lunges or squats, pull-ups, push-ups, planks, and ab crunches work.

- Keep your body flexible.** Flexibility keeps muscles and joints from getting stiff. It can also help improve performance and protect your body from sprains or strains. Stretching or doing yoga, tai chi, or pilates can help.

Play 60 – According to the Physical Activity Guidelines for Americans, <https://health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines>, youth should be active at least 60 minutes each day. Choose fun ways to move more, be active, and exercise that you enjoy and can make part of your routine.

Nutrilink: Check out the Play 60 app from the American Heart Association and the NFL to track activity, earn points, and win prizes for you or your school, <https://www.nfl.com/causes/play60>.