

Fuel Your Morning Beverages:
 -1% Low-Fat Milk
 -Fat-Free Chocolate Milk
 -100% Fruit Juice



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)

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

Monday	Tuesday	Wednesday	Thursday	Friday
<u>BREAKFAST</u> The Classic: Banana Bread Pop-Tarts (Fudge or Strawberry) Cereal (Lucky Charms or Cocoa Puffs) Apple Juice Raisins	<u>BREAKFAST</u> The Hearty Start: Sausage Biscuit Pop-Tarts (Fudge or Strawberry) Cereal (Lucky Charms or Cocoa Puffs) Apple Juice Applesauce Cup	<u>BREAKFAST</u> The Sweet Tooth: Chocolate Donut Holes in Cup Pop-Tarts (Fudge or Strawberry) Cereal (Lucky Charms or Cocoa Puffs) Apple Juice/Peach Cup	<u>BREKAFAST</u> The Savory Bite: Blueberry Yogurt Parfait Pop-Tarts (Fudge or Strawberry) Cereal (Lucky Charms or Cocoa Puffs) Apple Juice Dried Cranberries	<u>BREAKFAST</u> The Southern Style: Chicken & Waffles Pop-Tarts (Fudge or Strawberry) Cereal (Lucky Charms or Cocoa Puffs) Apple Juice Mixed Fruit Cup
February 3	February 4	February 5	February 6	February 7
<u>LUNCH</u> Cheesy Mac & Cheese Combo with Crispy Nuggets Cheesy Broccoli Corn Peach/Applesauce Cup	<u>LUNCH</u> Cheeseburgers (Ketchup, Mustard, Mayo, Pickle) Green Beans Sweet Potato Fries Strawberry Cup/ Raisins	<u>LUNCH</u> Corn Dog Nuggets (Ketchup, Honey Mustard) Baked Beans Glazed Carrots Dried Cranberries/Pineapple	<u>LUNCH</u> Spaghetti w/ Garlic Bread, Side Salad (Ranch, Italian) Sweet Potatoes Grapes/Peach Cup	<u>LUNCH</u> Stuffed Crust Pizza Tossed Salad (Ranch, Italian) French Fries Spiced Apples/Oranges
February 10	February 11	February 12	February 13	February 14
<u>LUNCH</u> Crispy Mozzarella Sticks with Marinara Sauce Corn Raisins/Spiced Apples	<u>LUNCH</u> Nachos Topped with Jalapeños Cheese Broccoli Baked Beans Apple/Peach Cup	<u>LUNCH</u> Spicy Buffalo Chicken Wings with Ranch Dip & Rice Glazed Carrots Green Beans Pineapple/Applesauce Cup	<u>LUNCH</u> Juicy Hamburger Patty with Onion & Pepper Gravy Rice Sweet Potatoes French Fries Peach Cup/Dried Cranberries	<u>LUNCH</u> Classic Pepperoni Pizza Sweet Potato Fries Tossed Salad Strawberries with Creamy Cool Whip/ Bananas
February 17	February 18	February 19	February 20	February 21
OPTIONAL WORKDAY	<u>LUNCH</u> Cheesy Mac & Cheese Combo with Crispy Nuggets Cheesy Broccoli Glazed Carrots Peach Cup/Raisins	<u>LUNCH</u> Crispy Corn Dog Nuggets (Ketchup & Honey Mustard) Baked Beans Corn Pineapple/Strawberry Cup	<u>LUNCH</u> Classic Chicken Sandwich (Mayo, Ketchup, Pickles) Sweet Potato Fries Green Beans Oranges/Dried Cranberries	<u>LUNCH</u> Cheese Pizza Crispy Waffle Fries Fresh Tossed Salad Spiced Apples/Applesauce
February 24	February 25	February 26	February 27	February 28
<u>LUNCH</u> Crispy Mozzarella Sticks with Marinara Sauce Roasted Broccoli Peach Cup/Fresh Apple	<u>LUNCH</u> Classic Cheeseburger (Pickle, Mayo, Ketchup, Mustard) Baked Beans Sweet Potato Fries Strawberry Cup/Raisins	<u>LUNCH</u> Spicy Buffalo Chicken Wings with Ranch Dip & Rice Glazed Carrots Green Beans Pineapple/Applesauce Cup	<u>LUNCH</u> Grilled Ham & Cheese with Vegetable Soup Baby Carrots with Ranch Corn Grapes/Sliced Pears	<u>LUNCH</u> Stuffed Crust Pizza Tossed Salad (Ranch, Italian) French Fries Spiced Apples/Cranberries



Families Making the Connection Food Connects Us

National Nutrition Month® (NNM) is celebrated each March. The 2025 NNM theme is "Food Connect Us". Food connects us to our cultures, our families, and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it, and how and where the ingredients were sourced. Health, traditions, and access can all impact the foods we eat. The food we eat also affects our health.

Participating in School Nutrition Programs offers students not only a nutritious meal but also an opportunity to connect with fellow students, teachers, and School Nutrition professionals. School meals can truly make a difference for students.

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

School meals offer choices of entrées, sides, and lowfat or fat free milk daily. Many schools participate in farm to school and feature North Carolina-grown ingredients. Meals include a variety of whole grains, lean proteins, fruits, and vegetables with tasty, creative recipes that appeal to students. Try recipes from the N.C. Jr. Chef Competition, <https://go.ncdpi.gov/ncjrchef>, and N.C. K-12 Culinary Institute, <https://go.ncdpi.gov/nck12culinaryinstitute>.

Each March the Academy of Nutrition and Dietetics celebrates National Nutrition Month®. Plan now to celebrate with your family, at your child's school, and in the community. Find a registered dietitian nutritionist (RDN), nutrition tips, and #NNM info at www.eatright.org.