



Orange County Schools High School Menus for March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
March 3 Strawberry Bagel Chicken Quesadilla or Loaded Nachos Spicy Pinto Beans Green Peas Fruit Choices	March 4 Sweet Bread Slice Orange Chicken w/Rice or Fajita Rice Bowl Glazed Carrots Steamed Broccoli Fruit Choices	March 5 Cinnamon Bun Chicken Grinder or Lasagna w/Garlic Toast Tossed Salad Sweet Potato Fries Fruit Choices	March 6 Breakfast Sandwich w/Hashbrowns Bacon Cheeseburger on Bun or Chicken Wings w/Roll Baked Beans French Fries Fruit Choices	March 7 Waffles w/Sausage Links Assorted Pizza or Spicy Chicken Sandwich Waffle Fries Carrots w/Dip Fruit Choices
March 10 Breakfast Muffin Garlic French Bread w/Marinara or Chicken Sandwich Sweet Potato Fries Cheesy Broccoli Fruit Choices	March 11 Breakfast Sandwich Mango Habanero Chicken Rice Bowl or Baked Spaghetti w/Garlic Toast Side Salad Green Beans Fruit Choices	March 12 Eggs, Bacon, Toast Carolina Cheeseburger on Bun or Pork BBQ Sandwich Baked Beans Cole Slaw Fruit Choices	March 13 Breakfast Sandwich w/Hashbrowns Beef or Chicken Soft Tacos or Chicken Wings w/Roll Salsa Buttered Corn Fruit Choices	March 14 Waffles w/Sausage Links Assorted Pizza or Spicy Chicken Sandwich French Fries Carrots w/Dip Fruit Choices
March 17 Breakfast Pizza Teriyaki Chicken Rice Bowl or Asian Dumplings Glazed Carrots Steamed Broccoli Fruit Choices	March 18 Waffles Oven Roasted Chicken w/Roll or Salisbury Steak w/Gravy & Roll Mashed Potatoes Green Peas Fruit Choices	March 19 Super Donut Chicken Alfredo w/Breadstick or Boneless Wings w/Breadstick Creamed Spinach Roasted Carrots Fruit Choices	March 20 Breakfast Sandwich w/Hashbrowns Loaded Walking Nachos or Chicken Wings w/Roll Tossed Salad Fiesta Black Beans Fruit Choices	March 21 Sweet Bread Slice Assorted Pizza or Spicy Chicken Sandwich Waffle Fries Carrots w/Dip Fruit Choices
March 24 Strawberry Bagel Chicken Quesadilla or Loaded Nachos Spicy Pinto Beans Green Peas Fruit Choices	March 25 Sweet Bread Slice Orange Chicken w/Rice or Fajita Rice Bowl Glazed Carrots Steamed Broccoli Fruit Choices	March 26 Cinnamon Bun Chicken Grinder or Lasagna w/Garlic Toast Tossed Salad Sweet Potato Fries Fruit Choices	March 27 Breakfast Sandwich w/Hashbrowns Bacon Cheeseburger on Bun or Chicken Wings w/Roll Baked Beans French Fries Fruit Choices	March 28 Waffles w/Sausage Links Assorted Pizza or Spicy Chicken Sandwich Waffle Fries Carrots w/Dip Fruit Choices
March 31 No School Spring Break	Meal Prices Breakfast: \$1.75 Lunch: \$3.25 Adults: A la carte pricing	Menus are subject to change.	Daily Alternate Breakfast Entrée Options include: Cereal w/Graham Crackers Assorted Grab & Go Options Daily Alternate Lunch Entrée Options include: Assorted Grab & Go Options	Breakfast includes 100% Fruit Juice and Fruit Choice, Breakfast and Lunch include choice of fat-free chocolate or 1% milk

Nutrition Byte

Clue In To School Breakfast!

Did you wake up to school breakfast this morning? Do you know that breakfast can help you in school? Breakfast is brain fuel!

Breakfast is the most important meal of the day because it...

- Strengthens the brain.
- Helps establish healthy eating habits.
- Offers an opportunity to try new foods.
- Improves mood and behavior.
- Gives you energy.
- Keeps you healthy.

Try school breakfast. All students can participate.

March 3-7 is National School Breakfast Week (NSBW). The #NSBW2025 theme is "Clue In To School Breakfast". It reminds everyone how school breakfast provides a healthy, energizing start to a day of learning. Fit, healthy students are ready to learn.

Nutrilink: For NSBW info and resources, visit www.schoolnutrition.org. For more info on school breakfast in our state, visit <https://go.ncdpi.gov/ncschoolmeals>.