



Orange County Schools Middle School Menus for March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
March 3 Sausage Biscuit Hot Ham & Cheese on Croissant or Chicken Sandwich Buttered Corn Collard Greens Fruit Choice	March 4 Strawberry Bagel Chicken Nachos or BBQ Pork Nachos Salsa Fiesta Black Beans Fruit Choice	March 5 Ham & Cheese Croissant Yogurt Parfait w/Granola or Assorted Pizza Tossed Garden Salad Carrots Fruit Choice	March 6 Breakfast Pizza Hot Dog on Bun w/Chili or Carolina Cheeseburger on Bun Cole Slaw Baked Beans Fruit Choice	March 7 French Toast Assorted Pizza Steamed Cabbage Cherry Tomatoes w/Dip Fruit Choice
March 10 Chicken Maple Sandwich Roasted Chicken w/Rice or Teriyaki Beef Bites w/Rice Mixed Vegetables Pinto Beans Fruit Choice	March 11 Breakfast Muffin Beef Nachos or Macaroni & Cheese w/Breadstick Green Beans Sweet Potatoes Fruit Choice	March 12 Chicken Biscuit Bento Box or Assorted Pizza Broccoli Carrots Fruit Choice	March 13 Yogurt Parfait Pork BBQ w/Hushpuppies or Corn Dog Baked Beans Oven Fries Fruit Choice	March 14 Manager's Choice Entrée Assorted Pizza Cucumber Slices w/Dip Vegetable Choice Fruit Choice
March 17 Pancakes Pizza Sticks w/Marinara or Fish Nuggets w/Hushpuppies Green Beans Spicy Pinto Beans Fruit Choice	March 18 Bacon, Egg, Cheese Croissant Chicken Wings w/Roll or Hamburger Steak w/Gravy & Roll Mashed Potatoes Green Peas Fruit Choice	March 19 Donut Orange Chicken w/Rice or Assorted Pizza Broccoli Carrots Fruit Choice	March 20 Eggs, Sausage, and Toast Baked Potato Bar w/Roll or Chef Salad w/Grain Tossed Garden Salad Tomato Soup Fruit Choice	March 21 Cinnamon Bun Assorted Pizza Corn Vegetable Choice Fruit Choice
March 24 Sausage Biscuit Hot Ham & Cheese on Croissant or Chicken Sandwich Buttered Corn Collard Greens Fruit Choice	March 25 Strawberry Bagel Chicken Nachos or BBQ Pork Nachos Salsa Fiesta Black Beans Fruit Choice	March 26 Ham & Cheese Croissant Yogurt Parfait w/Granola or Assorted Pizza Tossed Garden Salad Carrots Fruit Choice	March 27 Breakfast Pizza Hot Dog on Bun w/Chili or Carolina Cheeseburger on Bun Cole Slaw Baked Beans Fruit Choice	March 28 French Toast Assorted Pizza Steamed Cabbage Cherry Tomatoes w/Dip Fruit Choice
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	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.

With all these benefits, why wouldn't you eat breakfast?

Try school breakfast. Most North Carolina schools offer breakfast each school day including a choice of entrée, fruit or 100% juice, and lowfat or fat free milk. 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>.