


Hoke County Schools Breakfast Menus for March 2025

SANDHOKE EARLY COLLEGE

Monday	Tuesday	Wednesday	Thursday	Friday
March 3 Maple Pancake Minis Assorted Cereals Strawberry Applesauce Assorted Juice Assorted Milk	March 4 Chicken Pancake Sausage Sandwich Assorted Cereals Diced Pears Assorted Juice Assorted Milk	March 5 French Toast Sticks Assorted Cereals Mandarin Oranges Assorted Juice Assorted Milk	March 6 Breakfast Pizza Assorted Cereals Applesauce Cup Assorted Juice Assorted Milk	March 7 Dunkin Stix Assorted Cereals Diced Peaches Assorted Juice Assorted Milk
March 10 Apple Muffin Assorted Cereals Strawberry Applesauce Assorted Juice Assorted Milk	March 11 Cinni Minis Assorted Cereals Diced Pears Assorted Juice Assorted Milk	March 12 Chocolate Chip French Toast Minis Assorted Cereals Mandarin Oranges Assorted Juice Assorted Milk	March 13 Chicken Biscuit Assorted Cereals Applesauce Cup Assorted Juice Assorted Milk	March 14 
March 17 Maple Pancake Minis Assorted Cereals Strawberry Applesauce Assorted Juice Assorted Milk	March 18 Chicken Pancake Sausage Sandwich Assorted Cereals Diced Pears Assorted Juice Assorted Milk	March 19 French Toast Sticks Assorted Cereals Mandarin Oranges Assorted Juice Assorted Milk	March 20 Breakfast Pizza Assorted Cereals Applesauce Cup Assorted Juice Assorted Milk	March 21 Dunkin Stix Assorted Cereals Diced Peaches Assorted Juice Assorted Milk
March 24 Apple Muffin Assorted Cereals Strawberry Applesauce Assorted Juice Assorted Milk	March 25 Cinni Minis Assorted Cereals Diced Pears Assorted Juice Assorted Milk	March 26 Chocolate Chip French Toast Minis Assorted Cereals Mandarin Oranges Assorted Juice Assorted Milk	March 27 Chicken Biscuit Assorted Cereals Applesauce Cup Assorted Juice Assorted Milk	March 28 Honey Bun Assorted Cereals Diced Peaches Assorted Juice Assorted Milk
March 31 Maple Pancake Minis Assorted Cereals Strawberry Applesauce Assorted Juice Assorted Milk				

Families Making the Connection

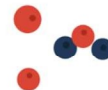
Clue In To School Breakfast

March 3-7 is National School Breakfast Week (NSBW), "Clue In To School Breakfast". #NSBW2025 highlights how eating a nutritious breakfast helps students be successful in the classroom and beyond. Students who participate in school breakfast show improved attendance, behavior, standardized achievement test scores as well as decreased tardiness.

School breakfast is a School Nutrition Program available to all public schools. All children can participate. Most North Carolina schools offer breakfast each school day including a choice of entrée, fruit or 100% juice, and lowfat or fat free milk. Every school breakfast served meets federal nutrition standards limiting calories, fat, and sodium.


School breakfast offers several connections to classroom learning—students have the opportunity to eat a healthy breakfast each school morning closer to academic instruction time, students who eat a healthy breakfast are better able to focus on classroom lessons, and students can practice the nutrition lessons they learn in the classroom by making healthy choices with school breakfast.

Learn more about NSBW at www.schoolnutrition.org/nsbw. For more info on school breakfast in our state, visit <https://go.ncdpi.gov/ncschoolmeals>



Hoke County Schools Lunch Menus for March 2025

SANDHOKE EARLY COLLEGE

Monday	Tuesday	Wednesday	Thursday	Friday
March 3 French Toast & Sausage Platter Grilled Chicken Biscuit Pork Chop Biscuit Steamed Broccoli Potato Tots Pineapple Tidbits, Mixed Fruit 100 Vegetable Juice Box Low-fat or Fat-Free Milk	March 4 Cheesy Eggstravaganza w/ Buttered Grits Spicy Chicken Biscuit Chicken Quesadilla W. Salsa Baked Beans *Seasoned NC Sweet Potato Fries *Fresh NC Apple Diced Peaches 100% Fruit Juice Box Low fat or Fat-Free Milk	March 5 Pancake & Popcorn Chicken Sausage, Egg & Cheese Biscuit Black Bean Burger on Bun Steamed Broccoli Hash Rounds Diced Pears, Mixed Fruit 100% Fruit Juice Box Low fat or Fat-Free Milk	March 6 Oven Roasted Chicken & Waffles Egg & Cheese Biscuit Wedge Pepperoni Pizza Steamed Broccoli Candied Yams Mandarin Oranges Diced Pears 100% Fruit Juice Box Low-fat or Fat-Free Milk	March 7 Deep Dish Pepperoni Pizza Breakfast Bites Grilled Cheese Sandwich Baked Beans Seasoned French Fries Strawberry Cup Diced Peaches Buttered Toast 100% Fruit Juice Box Low fat or Fat-Free Milk
March 10	March 11	March 12	March 13	March 14
				
March 17 Chick Fillet on Bun Corn Dog Nuggets Stuffed Crust Cheese Pizza Steamed Broccoli Seasoned Potato Tots Diced Peaches Mixed Fruit Dinner Roll 100% Red/Orange Vegetable Juice Box Low-fat or Fat-Free Milk	March 18 Pork Riblet on Bun Buffalo Chicken Pizza **Chef Salad w/ Egg & Cheese w/ Breadstick Seasoned Sweet Potato Fries Baked Beans Mixed Fruit Spiced Applesauce 100% Vegetable Juice Box Low fat or Fat-Free Milk	March 19 Beefy Nachos Chicken Quesadilla Veggie Burger on Bun Black Beans, Buttered Corn Shredded Lettuce Diced Tomatoes, Salsa *NC Heirloom Carolina Gold Steamed Rice Spiced Apples Mixed Berry Cup 100% Fruit Juice Box Low fat or Fat-Free Milk	March 20 Asian Zing Meatballs Honey Sriracha Boneless Wings Chef Salad w/ Grilled Chicken w/ Breadstick Steamed Broccoli Steamed Carrots *NC Heirloom Carolina Gold Steamed Rice Breadstick Mandarin Oranges Strawberry Cup 100% Vegetable Juice Box Low fat or Fat-Free Milk	March 21 Retro Pepperoni Pizza Buffalo Chicken Pizza Peanut Butter & Jelly Sandwich Steamed Broccoli Hash Rounds Diced Peaches Strawberry Cup 100% Fruit Juice Box Low Fat or Fat-Free Milk
March 24 Chicken Tenders Retro Pepperoni Pizza Veggie Burger on Bun Steamed Broccoli Mashed Potatoes Diced Peaches Mixed Fruit Dinner Roll 100% Fruit Juice Box Low fat or Fat-Free Milk	March 25 Wedge Cheese Pizza Buffalo Chicken Wings Chef Salad w Diced Chicken w Breadstick *Seasoned Sweet Potato Fries Pinto Beans Mixed Fruit Spiced Applesauce 100% Vegetable Juice Box Low fat or Fat-Free Milk	March 26 Spicy Chicken Sandwich Hot Dog on Bun Chicken Quesadilla w Salsa Pinto Beans Potato Tots Diced Pears Mandarin Oranges 100% Red/Orange Vegetable Juice Box Low-fat or Fat-Free Milk	March 27 Hamburger Steak w Gravy Chicken Quesadilla w Salsa Chef Salad w Egg & Cheese w Breadstick *Fresh NC Collard Greens Sweet Potato Soufflé Spiced Apples, Diced Peaches *NC Heirloom Carolina Gold Steamed Rice Breadstick 100% Fruit Juice Box Low-fat or Fat-Free Milk	March 28 Hot Dog on Bun Grilled Chicken Wrap Peanut Butter & Jelly Sandwich Chili Coleslaw Baked Beans Chili Cheese French Fries *NC Berry Medley Diced Peaches 100% Fruit Juice Box Low Fat or Fat-Free Milk
March 31 Popcorn Chicken Cheeseburger on Bun Stuffed Crust Cheese Pizza Steamed Broccoli Potato Tots Pineapple Tidbits, Mixed Fruit Dinner Roll 100% Red/Orange Vegetable Juice Box Low-fat or Fat-Free Milk				



***NC Farm-to-School**