




Veggie
Perilla
Chick Fillet on Bun

Hoke County Schools Breakfast Menus for April 2025

PRE-K SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday
	April 1 Maple Waffle Minis Assorted Cereals Assorted Juice Assorted Milk	April 2 Cinnamon French Toast Minis Assorted Cereals Mandarin Oranges Assorted Milk	April 3 Sausage Biscuit Assorted Cereals Assorted Juice Assorted Milk	April 4 Breakfast Bites Assorted Cereals Diced Peaches Assorted Milk
April 7 Maple Pancake Minis Assorted Cereals Strawberry Applesauce Assorted Milk	April 8 Pancake on a Stick Assorted Cereals Assorted Juice Assorted Milk	April 9 Chocolate Chip French Toast Minis Assorted Cereals Mandarin Oranges Assorted Milk	April 10 Chicken Biscuit Assorted Cereals Assorted Juice Assorted Milk	April 11 Banana Muffin Assorted Cereals Diced Peaches Assorted Milk
April 14 Apple Muffin Assorted Cereals Strawberry Applesauce Assorted Milk	April 15 Maple Waffle Minis Assorted Cereals Assorted Juice Assorted Milk	April 16 Cinnamon French Toast Minis Assorted Cereals Mandarin Oranges Assorted Milk	April 17 Sausage Biscuit Assorted Cereals Assorted Juice Assorted Milk	April 18 
April 21 READY, SET... SPRING	April 22	April 23	April 24	April 25 BREAK!
April 28 Maple Pancake Minis Assorted Cereals Strawberry Applesauce Assorted Milk	April 29 Pancake on a Stick Assorted Cereals Assorted Juice Assorted Milk	April 30 Chocolate Chip French Toast Minis Assorted Cereals Mandarin Oranges Assorted Milk		

Families Making the Connection

Every Kid Healthy

Did you know that April 21-25 is Every Kid Healthy Week? Every Kid Healthy™ Week is an annual celebration of school health and wellness. It takes place during the last full week of April – each day shines a spotlight on the actions schools and families are taking to improve the health and wellness of their kids and teens.

Nutrition, physical activity, and mental health impact learning. Eating nutritious meals and snacks, getting enough sleep, having a support system and healthy strategies to manage stress, and moving more with walking, biking, dancing, playing sports, or other activities are all important. Healthy youth are better prepared to learn and thrive!


Everyone can take action during Every Kid Healthy™ Week and throughout the year. Learn more and find resources at [actionforhealthykids.org](https://www.actionforhealthykids.org).

- Prepare and choose nutritious foods and beverages.
- Move more for fitness.
- Be kind to yourself and others.
- Serve as a role model for health and wellness.
- Learn about your local wellness policy for your school district and find ways you can get involved.
- Promote and support wellness for your school, family, and community



Hoke County Schools Lunch Menus for April 2025

PRE-K SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday
	April 1 Meatball Sub Baked Beans Mixed Fruit Low fat or Fat-Free Milk	April 2 Deep Dish Pepperoni Pizza Buttered Corn Diced Pears Low fat or Fat-Free Milk	April 3 Hamburger Steak w Gravy Steamed Carrots Spiced Apples Steamed Rice Low-fat or Fat-Free Milk	April 4 Corn Dog Cheesy French Fries Mixed Fruit Low fat or Fat-Free Milk
April 7 Chicken Nuggets Steamed Broccoli Pineapple Tidbits Dinner Roll Low Fat or Fat-Free Milk	April 8 Soft Shell Beef Taco Shredded cheese Salsa Buttered Corn Spiced Apples Low-fat or Fat-Free Milk	April 9 Spaghetti w/Meatballs Steamed Carrots Spiced Applesauce Low fat or Fat-Free Milk	April 10 General Tso's Chicken Pinto Beans Chow Mein Noodles Mandarin Oranges Low fat or Fat-Free Milk	April 11 Hot Dog on Bun Seasoned French Fries Pineapple Tidbits Low Fat or Fat-Free Milk
April 14 Chick Fillet on Bun Steamed Broccoli Diced Peaches Low fat or Fat-Free Milk	April 15 BREAKFAST FOR LUNCH Buttered Grits & Smokies Pinto Beans *Fresh Strawberries Low fat or Fat-Free Milk	April 16 Beefy Nachos Buttered Corn Shredded Lettuce Diced Tomatoes, Salsa Spiced Apples Low fat or Fat-Free Milk	April 17 Asian Zing Meatballs *Fresh Baked Sweet Potato w/Cinnamon Sugar Topping *NC Heirloom Carolina Gold Steamed Rice Mandarin Oranges Low fat or Fat-Free Milk	April 18 
April 21 READY, SET... SPRING	April 22 SPRING	April 23 BREAK!	April 24 BREAK!	April 25 BREAK!
April 28 Chicken Tenders Steamed Broccoli Diced Peaches Low fat or Fat-Free Milk	April 29 Wedge Cheese Pizza Seasoned Sweet Potato Fries Mixed Fruit Low fat or Fat-Free Milk	April 30 Chicken Sandwich Pinto Beans Diced Pears Low-fat or Fat-Free Milk		



***NC Farm-to-School**

Updated 3/31/2025