




Hoke County Schools Breakfast Menus for April 2025

MIDDLE SCHOOLS

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| | April 1 Chicken Pancake Sausage Sandwich Assorted Cereals Diced Pears Assorted Juice Assorted Milk | April 2 French Toast Sticks Assorted Cereals Mandarin Oranges Assorted Juice Assorted Milk | April 3 Breakfast Pizza Assorted Cereals Applesauce Cup Assorted Juice Assorted Milk | April 4 Dunkin Stix Assorted Cereals Diced Peaches Assorted Juice Assorted Milk |
| April 7 Apple Muffin Assorted Cereals Strawberry Applesauce Assorted Juice Assorted Milk | April 8 Cinni Minis Assorted Cereals Diced Pears Assorted Juice Assorted Milk | April 9 Chocolate Chip French Toast Minis Assorted Cereals Mandarin Oranges Assorted Juice Assorted Milk | April 10 Chicken Biscuit Assorted Cereals Applesauce Cup Assorted Juice Assorted Milk | April 11 Honey Bun Assorted Cereals Diced Peaches Assorted Juice Assorted Milk |
| April 14 Maple Pancake Minis Assorted Cereals Strawberry Applesauce Assorted Juice Assorted Milk | April 15 Chicken Pancake Sausage Sandwich Assorted Cereals Diced Pears Assorted Juice Assorted Milk | April 16 French Toast Sticks Assorted Cereals Mandarin Oranges Assorted Juice Assorted Milk | April 17 Breakfast Pizza Assorted Cereals Applesauce Cup Assorted Juice Assorted Milk | April 18  |
| April 21 READY, SET... SPRING | April 22 SPRING | April 23 BREAK! | April 24 BREAK! | April 25 BREAK! |
| April 28 Apple Muffin Assorted Cereals Strawberry Applesauce Assorted Juice Assorted Milk | April 29 Cinni Minis Assorted Cereals Diced Pears Assorted Juice Assorted Milk | April 30 Chocolate Chip French Toast Minis Assorted Cereals Mandarin Oranges Assorted Juice Assorted Milk | | |

Nutrition Byte

Every Youth 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 you enjoy 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. **Nutrilink:** 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

MIDDLE SCHOOLS

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| | April 1 Meatball Sub Grilled Chicken Sandwich Chef's Salad w/ Diced Chicken w/ Dinner Roll Baked Beans Seasoned Sweet Potato Fries Mixed Fruit 100% Fruit Juice Box Low fat or Fat-Free Milk | April 2 Deep Dish Pepperoni Pizza Cheeseburger on Bun Veggie Burger on Bun Steamed Broccoli Buttered Corn Diced Pears Low fat or Fat-Free Milk | April 3 Hamburger Steak w Gravy Chicken Quesadilla w Salsa Chef Salad w Egg & Cheese w Breadstick Stir Fry Vegetables Sweet Potato Souffle *NC Heirloom Carolina Gold Steamed Rice Breadstick Spiced Apples 100% Fruit Juice Box Low fat or Fat-Free Milk | April 4 Corn Dog Grilled Chicken Sandwich PB&J Uncrustable Baked Beans Cheesy French Fries Strawberry Cup Low fat or Fat-Free Milk |
| April 7 Chicken Nuggets Spicy Chicken Sandwich Veggie Burger on Bun Steamed Broccoli Mashed Potatoes Pineapple Tidbits Dinner Roll 100% Fruit Juice Box Low Fat or Fat-Free Milk | April 8 Soft Shell Beef Taco Chicken Quesadilla Chef Salad w Egg & Cheese w Crackers Black Beans Shredded cheese Salsa Buttered Corn Spiced Apples 100% Fruit Juice Box Low-fat or Fat-Free Milk | April 9 Spaghetti w/Meatballs Wild Mike's Cheesy Bites w/Marinara Sauce Veggie Burger on Bun Steamed Broccoli Sweet Potato Soufflé Diced Peaches Wild Mike's Cheesy Bites 100% Fruit Juice Box Low fat or Fat-Free Milk | April 10 General Tso's Chicken Wedge Pepperoni Pizza Chef Salad w/ Grilled Chicken w/ Breadstick Green Beans Steamed Carrots Chow Mein Noodles Mandarin Oranges 100% Vegetable Juice Box Low fat or Fat-Free Milk | April 11 Hot Dog on Bun Grilled Chicken Wrap Peanut Butter & Jelly Uncrustable Green Beans Baked Beans Seasoned French Fries Pineapple Tidbits 100% Fruit Juice Box Low Fat or Fat-Free Milk |
| April 14 Chick Fillet on Bun Corn Dog Nuggets Stuffed Crust Cheese Pizza Steamed Broccoli Seasoned Potato Tots Diced Peaches 100% Red/Orange Vegetable Juice Box Low-fat or Fat-Free Milk | April 15 <u>BREAKFAST FOR LUNCH</u> Buttered Grits & Smokies Egg & Cheese Biscuit Chef Salad w/ Grilled Chicken w/ Breadstick Seasoned Sweet Potato Fries Pinto Beans *Fresh Strawberries Low fat or Fat-Free Milk | April 16 Beefy Nachos Chicken Quesadilla Veggie Burger on Bun Black Beans, Buttered Corn Shredded Lettuce Diced Tomatoes, Salsa Spiced Apples 100% Fruit Juice Box Low fat or Fat-Free Milk | April 17 Asian Zing Meatballs Honey Sriracha Boneless Wings Chef Salad w/ Grilled Chicken w/ Breadstick Steamed Broccoli *Fresh Baked Sweet Potato w/Cinnamon Sugar Topping *NC Heirloom Carolina Gold Steamed Rice Breadstick Mandarin Oranges Low fat or Fat-Free Milk | April 18  |
| April 21 READY, SET... SPRING | April 22 SPRING | April 23 SPRING | April 24 SPRING | April 25 BREAK! BREAK! |
| April 28 Chicken Tenders Retro Pepperoni Pizza Veggie Burger on Bun Steamed Broccoli Mashed Potatoes Diced Peaches Dinner Roll Low fat or Fat-Free Milk | April 29 Wedge Cheese Pizza Buffalo Chicken Wings Pork Riblet on Bun Seasoned Sweet Potato Fries Pinto Beans Dinner Roll Mixed Fruit 100% Vegetable Juice Box Low fat or Fat-Free Milk | April 30 Spicy Chicken Sandwich Hot Dog on Bun Chicken Quesadilla w Salsa Pinto Beans Potato Tots Diced Pears Low-fat or Fat-Free Milk | | |



*NC Farm-to-School

Updated 3/31/2025