



Orange County Schools Middle School Menus for April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Menus are subject to change. Meal Prices Breakfast: \$1.75 Lunch: \$3.25 Adults: A la carte pricing	April 1 No School Spring Break	April 2 No School Spring Break	April 3 No School Spring Break	April 4 No School Spring Break
April 7 No School Teacher Workday	April 8 Bacon, Egg, Cheese Croissant Chicken Wings w/Roll or Hamburger Steak w/Gravy & Roll Mashed Potatoes Green Peas Fruit Choice	April 9 Donut Orange Chicken w/Rice or Assorted Pizza Broccoli Carrots Fruit Choice	April 10 Eggs, Sausage, and Toast Baked Potato Bar w/Roll or Chef Salad w/Crackers Tossed Garden Salad Tomato Soup Fruit Choice	April 11 Cinnamon Bun Assorted Pizza Corn Vegetable Choice Fruit Choice
April 14 Sausage Biscuit Hot Ham & Cheese on Croissant or Chicken Sandwich Buttered Corn Collard Greens Fruit Choice	April 15 Strawberry Bagel Chicken Nachos or BBQ Pork Nachos Salsa Fiesta Black Beans Fruit Choice	April 16 Ham & Cheese Croissant Yogurt Parfait w/Granola or Assorted Pizza Tossed Garden Salad Carrots Fruit Choice	April 17 Breakfast Pizza Hot Dog on Bun w/Chili or Carolina Cheeseburger on Bun Cole Slaw Baked Beans Fruit Choice	April 18 No School
April 21 Chicken Maple Sandwich Roasted Chicken w/Rice or Teriyaki Beef Bites w/Rice Mixed Vegetables Pinto Beans Fruit Choice	April 22 Breakfast Muffin Beef Nachos or Macaroni & Cheese w/Breadstick Green Beans Sweet Potatoes Fruit Choice	April 23 Chicken Biscuit Bento Box or Assorted Pizza Broccoli Carrots Fruit Choice	April 24 Yogurt Parfait Pork BBQ w/Hushpuppies or Corn Dog Baked Beans Oven Fries Fruit Choice	April 25 Manager's Choice Entrée Assorted Pizza Cucumber Slices w/Dip Vegetable Choice Fruit Choice
April 28 Pancakes Pizza Sticks w/Marinara or Fish Nuggets w/Hushpuppies Green Beans Spicy Pinto Beans Fruit Choice	April 29 Bacon, Egg, Cheese Croissant Chicken Wings w/Roll or Hamburger Steak w/Gravy & Roll Mashed Potatoes Green Peas Fruit Choice	April 30 Donut Orange Chicken w/Rice or Assorted Pizza Broccoli Carrots Fruit Choice	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

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.dpi.nc.gov/districts-schools/district-operations/school-nutrition).

- Prepare and choose nutritious foods and beverages.
- Move more for fitness.

This institution is an equal opportunity provider.
<https://www.dpi.nc.gov/districts-schools/district-operations/school-nutrition>

- 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.