



Hoke County Schools Breakfast Menus for April 2025

SANDHOKE EARLY COLLEGE

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 
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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.



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