









Hoke County Schools Breakfast Menus for April 2025

HIGH 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 	April 22 	April 23 	April 24 	April 25 
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

HIGH 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 Diced Peaches 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 Mixed Fruit 100% Fruit Juice Box 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, Diced Peaches 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 Diced Peaches 100% Fruit Juice Box Low fat or Fat-Free Milk
April 7 Chicken Nuggets Spicy Chicken Sandwich Veggie Burger on Bun Steamed Broccoli Mashed Potatoes Pineapple Tidbits Mixed Fruit 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 Diced Pears 100% Fruit Juice Box Low-fat or Fat-Free Milk	April 9 Spaghetti w/Meatballs Wild Mike's Cheesy Bites w/ <i>Marinara Sauce</i> Veggie Burger on Bun Steamed Broccoli Sweet Potato Soufflé Diced Peaches Spiced Applesauce 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 Peach Cup 100% Vegetable Juice Box Low fat or Fat-Free Milk	April 11 Hot Dog on Bun Grilled Chicken Wrap Peanut Butter & Jelly Uncrustable Baked Beans Seasoned French Fries Peach Cup 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 Mixed Fruit 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 Spiced Applesauce 100% Vegetable Juice Box 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 *NC Heirloom Carolina Gold Steamed Rice Spiced Apples Mixed Berry Cup 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 Strawberry Cup 100% Vegetable Juice Box Low fat or Fat-Free Milk	April 18 
April 21 READY, SET... SPRING	April 22	April 23	April 24	April 25 BREAK!
April 28 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	April 29 Wedge Cheese Pizza Buffalo Chicken Wings Pork Riblet on Bun Seasoned Sweet Potato Fries Pinto Beans Dinner Roll Mixed Fruit Spiced Applesauce 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 *Fresh Strawberries Mandarin Oranges 100% Red/Orange Vegetable Juice Box Low-fat or Fat-Free Milk		



***NC Farm-to-School**

Updated 4/2/2025