**Daily Offerings**

- **Milk:** 1% White or Fat-Free Chocolate or Fat-Free Strawberry
- **Juice:** 100% Fruit Juice (available at breakfast)
- **Bento Boxes:** Peanut Butter & Jelly or Ham & Cheese
- **Chef Salad** (Tuesdays & Thursdays)

*Please note: The menu is subject to change based on product availability.*

# Pamlico County Schools Menus for December 2025 (Grades 9-12)

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **BREAKFAST**<br>Yogurt & Whole Grain Granola with Cranberries<br>Apple juice | **BREAKFAST**<br>Pork Sausage Biscuit<br>Grape juice<br>Applesauce Cup | **BREAKFAST**<br>Sandwich Chicken Waffle<br>Apple juice<br>Cranberries | **BREAKFAST**<br>Banana Bread<br>Grape Juice<br>Mixed Fruit Cup | **BREAKFAST**<br>Pop Tart<br>Apple juice<br>Bananas |
| **December 1**<br>***LUNCH***<br>Spicy Chicken wings<br>Brown rice<br>Glazed carrots<br>Ranchero beans<br>Pineapple/ Peaches | **December 2**<br>**LUNCH**<br>Cheeseburger<br>Roasted Broccoli<br>French Fries<br>Peach Cup<br>Sliced Pears | **December 3**<br>**LUNCH**<br>Corn Dog Nuggets<br>Green Beans<br>Sweet Potato Fries<br>Mixed Berry Cup<br>Raisins | **December 4**<br>**LUNCH**<br>Nachos<br>Black Beans<br>Corn<br>Dried Cranberries<br>Tangerines | **December 5**<br>**LUNCH**<br>Turkey Pepperoni Pizza<br>Tossed Salad<br>Waffle Fries<br>Apple Slices<br>Raisels |
| **December 8**<br>**LUNCH**<br>Beef Teriyaki Bites w/ Fried Rice<br>Roasted Broccoli<br>Baby Carrots<br>Peach Cup/ Pears | **December 9**<br>**LUNCH**<br>BBQ Chicken/ Dinner Roll<br>Baked Beans<br>Green beans<br>Mixed Berry Cup<br>Pineapple | **December 10**<br>**LUNCH**<br>Mozzarella Sticks<br>Marinara Sauce Cup<br>Peas<br>Applesauce Cup<br>Raisins | **December 11**<br>**LUNCH**<br>Chili Cheese Fries<br>Side Salad<br>Grapes<br>Strawberry Cup | **December 12**<br>**LUNCH**<br>Cheese Pizza<br>Tossed Salad<br>Waffle Fries<br>Apple Crisp<br>Applesauce Cup |
| **December 15**<br>**LUNCH**<br>Macaroni & Cheese w/ Chicken Tenders<br>Roasted Broccoli<br>Baby Carrots<br>Pineapple<br>Apple slices | **December 16**<br>**LUNCH**<br>HOLIDAY FEAST!<br>Turkey and Gravy<br>Dinner Roll<br>Mashed Potatoes<br>Peas<br>Apple Crisp/ Pineapple | **December 17**<br>**LUNCH**<br>Corn Dog Nuggets<br>Baked Beans<br>Roasted Vegetables<br>Mixed Berry Cup<br>Grapes | **December 18**<br>**LUNCH**<br>Stuffed Crust Pork Pepperoni Pizza<br>Waffle Fries<br>Glazed Carrots<br>Mixed Fruit<br>Sliced Pears | **December 19**<br>PB&J Uncrustables or Ham and cheese Sandwich<br>Vegetable Juice<br>Raisins<br>Fruit Cup<br>Early dismissal day!! |
| **December 22** | **December 23** | **December 24** | **December 25** | **December 26** |
| **December 28** | **December 30** | **December 31** | | |

## Nutrition Byte

**Stop the Spread of Germs – Wash Your Hands!**

Did you know December 1-7 is Handwashing Awareness Week? Handwashing is one of the best ways to stop the spread of germs that cause illness. Make sure to wash your hands well by using these steps (**Nutrilink:** fightbac.org):

- **Wet** your hands with running water. Add soap.
- **Lather** your hands with soap. Wash all surfaces on hands. Wash carefully between your fingers, around the tops and palms, over wrists, and under fingernails.
- **Scrub** your hands for at least 20 seconds.
- **Rinse** your hands well under running water.
- **Dry** your hands with a clean, disposable paper towel.
- Turn off the faucet using the disposable paper towel instead of your clean, bare hands.

When should you wash your hands?

- Before, during and after you prepare a meal or before eating
- After handling raw meat, poultry, seafood, eggs or flour
- After blowing your nose, coughing or sneezing
- After using the bathroom
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After changing diapers or cleaning up someone who has used the bathroom
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

North Carolina Department of PUBLIC INSTRUCTION

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https://www.dpi.nc.gov/districts-schools/district-operations/school-nutrition