



Daily Fuel for Success!

Available Every Day:

- **Milk:** 1% White & Fat-Free Chocolate
- **Juice:** 100% Fruit Juice (Breakfast)
- **Cereal:** Whole Grain Bowls (Middle & FAA Breakfast)
- **PB&J Sandwich:** Whole Grain (All Schools Lunch)
- **Bento Bags:** PB&J or Ham & Cheese (FAA Lunch Only)

Pamlico County Schools: February 2026 K-8 Breakfast & Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST Country Sausage Biscuit Applesauce Cup Orange Juice	BREAKFAST Glazed Soft Donut Sun-Maid Raisins Apple Juice	BREAKFAST Crispy Chicken Biscuit Mixed Fruit Cup Orange Juice	BREAKFAST Warm Mini Pancakes Chilled Pear Cup Apple Juice	BREAKFAST Fruit-Filled Apple Strudel Fresh Sliced Apples Apple Juice
February 2 LUNCH Chicken Nuggets Rice Ranchero Beans Baby Carrots Raisins	February 3 LUNCH Salisbury Steak w/Brown Gravy & Roll Mashed Potatoes Steamed Broccoli Mandarin Oranges	February 4 LUNCH Roasted Chicken Dinner Roll Sweet Potato Fries Buttery Sweet Peas Fresh Sliced Apples	February 5 LUNCH Spaghetti & Meat Sauce Garlic Breadstick Glazed Carrots Green Beans Applesauce Cup	February 6 LUNCH 🍕 Big Game Pizza Crinkle Cut Fries Fresh Veggie Dippers Fresh Banana
February 9 LUNCH Toasted Ham & Grilled Cheese Tomato Basil Soup Southern Green Beans Sliced Pears	February 10 LUNCH Nachos Black Beans Glazed Carrots Pineapple Tidbits	February 11 LUNCH Mozzarella Sticks Marinara Sauce Roasted Broccoli Fresh Grapes	February 12 LUNCH Bacon Cheeseburger Sweet Potato Fries Sweet Corn Warm Apple Crip	February 13 Early Dismissal Day 🍷 Grab & Go Lunch Bento bag: PB&J Bento Bag: Ham & Cheese Valentine Treat: ❤️ Heart-Shaped Cookie
February 16 NO SCHOOL Teacher Workday	February 17 LUNCH Crispy Chicken Sandwich Sweet Potato Fries Roasted Broccoli Fresh Grapes	February 18 LUNCH Chicken Fajita Wrap Salsa & Romaine Sweet Corn Chilled Peaches	February 19 LUNCH Beef Taco Black Beans Lettuce & Tomato Fresh Pear	February 20 LUNCH Mild Buffalo Chicken Pizza Potato Wedges Tajin Cucumber Slices Warm Apple Crisp
February 23 LUNCH Chicken Wings w/ Mac & Cheese Green Beans Baked Beans Fresh Orange	February 24 LUNCH Walking Tacos Black Beans Salsa & Romaine Pineapple Tidbits	February 25 LUNCH Cheese Pockets Marinara Sauce, Cup Steamed Corn Mixed Fruit	February 26 LUNCH Loaded Chili Fries Glazed Carrots Steamed Broccoli Fresh Grapes	February 27 LUNCH Big Daddy's Pizza Waffle Fries Ceasar Salad Warm Spiced Apples

Nutrition Byte

Discover the Power of Nutrition

Plan ahead to celebrate National Nutrition Month® (NNM) in March! Each March the Academy of Nutrition and Dietetics recognizes National Nutrition Month®. Plan to celebrate with your family, at your school, and in the community. **Nutrilink:** Find a registered dietitian nutritionist (RDN), nutrition tips, and #NNM info at www.eatright.org.

The 2026 NNM theme is “Discover the Power of Nutrition”, an emphasis on nutrition’s role in helping individuals and communities thrive. This theme highlights that food is more than just nutrition—it’s a powerful tool that connects people to their health, culture, and community! Health, traditions, and access can all impact the foods we eat. The food we eat also affects our health.

Please note that menus are subject to change due to product availability

Participating in School Nutrition Programs offers students not only a nutritious meal but also an opportunity to connect with fellow students, teachers, and School Nutrition professionals. School meals can truly make a difference for students.

School meals offer choices of entrées, sides, and lowfat or fat free milk daily. Many schools participate in farm to school and feature North Carolina-grown ingredients. Meals include a variety of whole grains, lean proteins, fruits, and vegetables with tasty, creative recipes that appeal to students. **Nutrilink:** Try recipes from the N.C. Jr. Chef Competition, <https://go.ncdpi.gov/ncjrchef>, and N.C. K-12 Culinary Institute, <https://go.ncdpi.gov/nck12culinaryinstitute>.