



Daily Offerings

Main Courses:

- **Bento Box:** PB&J or Ham & Cheese
- **Chef Salad:** (Tuesdays & Thursdays)

Beverages:

- **Milk:** 1% White, Fat-Free Chocolate, or Strawberry
- **Breakfast:** 100% Fruit Juice included

Pamlico County High School: February 2026 Breakfast & Lunch Menus

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

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

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.

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>.