



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: March 2026 K-8 Breakfast & Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<u>BREAKFAST</u> Banana Bread Apple Juice Raisins	<u>BREAKFAST</u> Sausage Biscuit Grape Juice Applesauce Cup	<u>BREAKFAST</u> Muffin Apple Juice Peach Cup	<u>BREKAFAST</u> Ham & Cheese Croissant Grape Juice Pear Cup	<u>BREAKFAST</u> Chicken Biscuit Apple Juice Fresh Sliced Apples
March 2 <u>LUNCH</u> Chicken Tenders W/ Warm Biscuit Ranchero Beans Sweet Potato Fries Pineapple	March 3 <u>LUNCH</u> Classic Cheeseburger Green Beans Seasoned Potato Wedges Sliced Pears	March 4 <u>LUNCH</u> BBQ Chicken/ Cornbread Muffin Cole Slaw Baked Beans Fresh Sliced Apples	March 5 <u>LUNCH</u> Cheesy Lasagna/Garlic Bread Roasted Broccoli Glazed Carrots Mixed Fruit	March 6 <u>LUNCH</u> Stuffed Crust Pizza Tossed Salad Waffle Fries Spiced Apples
March 9 <u>LUNCH</u> Mozzarella Sticks/ Marinara Cheesy Broccoli Baby Carrots w/ Ranch Cranberries	March 10 <u>LUNCH</u> Beefy Nachos (w/ Jalapeños) Ranchero Beans Glazed Carrots Sliced Peaches	March 11 <u>LUNCH</u> Roasted Chicken/ warm Biscuit Steamed Corn Green Beans Sliced Pears	March 12 <u>LUNCH</u> Hard Shell Beef taco Black Beans Shredded Romaine & Cheddar Cheese Tangerines	March 13 <u>LUNCH</u> Big Daddy's Pizza Potato Wedges Sweet Potato Fluff Banana
March 16 Teacher 	March 17 <u>LUNCH</u> Chicken Tender Basket w/ Warm Biscuit Baby Carrots w/ Ranch. Green Beans Raisins	March 18 <u>LUNCH</u> BBQ Chicken/ Dinner Roll Baked Beans Savory Cole Slaw Pineapple	March 19 <u>LUNCH</u> Walking Taco Salsa Golden Corn Fresh Grapes	March 20 <u>LUNCH</u> Stuffed Crust Pizza Tossed Salad Waffle Fries Spiced Apples
March 23 <u>LUNCH</u> Chicken Wings w/ Rice Asian Vegetable Medley Sweet Potato Fries Peach Cup	March 24 <u>LUNCH</u> Sloppy Joe Green Beans Cole Slaw Fresh Pears	March 25 <u>LUNCH</u> Corn Dog Nuggets Baked Beans Glazed Carrots Mixed Fruit	March 26 <u>LUNCH</u> Salisbury Steak w/ Brown Gravy & Roll Mashed Potatoes Roasted Broccoli Pineapple	March 27 <u>LUNCH</u> Tony's Mexican Pizza Tossed Salad Spicy French Fries Apple Crisp
March 30 <u>LUNCH</u> Classic Beef Stew over Rice <i>(See Special NC Harvest Menu)</i>	March 31 <u>LUNCH</u> In-House Backyard Cheeseburger <i>(See Special NC Harvest Menu)</i>	April 1 <u>LUNCH</u> Lime-Marinated Roasted Chicken <i>(See Special NC Harvest Menu)</i>	April 2 <u>LUNCH</u> Farmhouse Pasta w/ Meat Sauce <i>(See Special NC Harvest Menu)</i>	Spring Break Begins! <i>No School</i>

Nutrition Byte Quest for School Breakfast!

Did you wake up to school breakfast this morning? Do you know that breakfast can help you in school? Breakfast is brain fuel!
Breakfast is the most important meal of the day because it...

- Strengthens the brain.
- Helps establish healthy eating habits.
- Offers an opportunity to try new foods.
- Improves mood and behavior.
- Gives you energy.
- Keeps you healthy.

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

With all these benefits, why wouldn't you eat breakfast?
Try school breakfast. Most North Carolina schools offer breakfast each school day including a choice of entrée, fruit or 100% juice, and lowfat or fat free milk. All students can participate.
March 2-6 is National School Breakfast Week (NSBW). The #NSBW2026 theme is "Quest for School Breakfast". It reminds everyone how school breakfast provides a healthy, energizing start to a day of learning. Fit, healthy students are ready to learn.
Nutrilink: For NSBW info and resources, visit www.schoolnutrition.org. For more info on school breakfast in our state, visit <https://go.ncdpi.gov/ncschoolmeals>.