

**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: March 2026 Breakfast & Lunch Menus

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

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>.