



Hertford County Public Schools Breakfast Menu for April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		April 1 Banana Bread Fruit Juice Milk	April 2 Super Donut Fruit Juice Milk	April 3 Holiday
April 6 Spring Break	April 7 Spring Break	April 8 Spring Break	April 9 Spring Break	April 10 Teacher Workday
April 13 Cereal or Pop Tart Fruit Juice Milk	April 14 Sausage Biscuit Fruit Juice Milk	April 15 Confetti Pancakes Fruit Juice Milk	April 16 Super Donut Fruit Juice Milk	April 17 Apple Strudel Fruit Juice Milk
April 20 French Toast Sticks Fruit Juice Milk	April 21 Sausage Biscuit Fruit Juice Milk	April 22 Banana Bread Fruit Juice Milk	April 23 Super Donut Fruit Juice Milk	April 24 Manager's Choice Fruit Juice Milk
April 27 Cereal or Pop Tart Fruit Juice Milk	April 28 Sausage Biscuit Fruit Juice Milk	April 29 Confetti Pancakes Fruit Juice Milk	April 30 Super Donut Fruit Juice Milk	

Nutrition Byte

Plant an Incredible Edible Garden

April is Garden Month! Gardening allows you to be outside, get some exercise, and grow produce and herbs for tasty meals and snacks. It can help you learn about different plants, build or practice gardening skills, save money by growing your own food, and reduce stress. Gardening offers an opportunity to spend time with friends or family, practice communication and teamwork, and enhance problem solving. You can also build community by connecting with other local gardeners and protecting the environment.

You do not need lots of space or expertise to garden. You can have a windowsill garden, container garden, raised bed garden, or a garden plot. Part of the fun of gardening is trying out new seeds or plants and seeing what you can grow.

Try these gardening tips:

- Pick a fruit, vegetable, or herb you would like to grow.
- Find the best time to plant, the type of soil it likes, and how much sun, water, and space it needs to grow.
- Plant the seed, seedling, or transplant.
- Give it enough water and sunlight. Watch it grow.
- Harvest, wash, and enjoy.

Nutrilink: For info or questions, go to www.garden.org, reach out to the Master Gardeners or Ag Agents with your local Cooperative Extension office, <https://www.ces.ncsu.edu>, or connect with your local Career and Technical Education program, classes, or teachers.