



Hertford County Public Schools Lunch Menu for April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		April 1 Mozzarella Sticks w/marinara Tater Tots Mixed Vegetables Fruit/Milk	April 2 Pepperoni or Cheese Pizza Corn Baby Carrots Fruit/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 Cheeseburger Sweet Potato Fries Green Beans Fruit/Milk	April 14 Taco Pizza Black Beans Corn Fruit Milk	April 15 Chicken Fillet Sandwich Tater Tots Broccoli Fruit/Milk	April 16 Hamburger Steak w/gravy Mashed Potatoes Green Peas/Roll Fruit/Milk	April 17 Buffalo Wings or Chicken Chunks w/breadstick French Fries Baby Carrots Fruit/Milk
April 20 Orange Chicken Fried Rice Broccoli/Glazed Carrots Fruit/Milk	April 21 Hot Dog w/chili or Grilled Cheese sandwich French Fries Baked Beans Fruit/Milk	April 22 Mozzarella Sticks w/marinara Tater Tots Mixed Vegetables Fruit/Milk	April 23 Ham & Cheese on croissant Or Chef Salad Tater Tots Green Beans Fruit/Milk	April 24 Pepperoni or Cheese Pizza Corn Baby Carrots Fruit/Milk
April 27 Chicken Chunks Mashed Potatoes Green Peas/Roll Fruit/Milk	April 28 Walking Tacos w/Doritos Side Salad Corn Fruit/Milk	April 29 BBQ Sandwich w/coleslaw Smucker's Uncrustable PB&J Tater Tots Baked Beans Fruit/Milk	April 30 Oven Roasted Chicken NC Fresh Collards Candied Yams/Roll Fruit 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.