



Pamlico County Schools: April 2026 K-8 Breakfast & Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST Pop tart Apple Juice Cranberries	BREAKFAST Sausage Biscuit Grape Juice Applesauce Cup	BREAKFAST Apple Strudel Apple Juice Peach Cup	BREAKFAST Ham & Cheese Croissant Grape Juice Pear Cup	BREAKFAST Donuts Apple Juice Banana
Daily Fuel for Success! Available Every Day: -Milk: 1% White & Fat-Free Chocolate, & Strawberry -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)		April 1 LUNCH Lime-Marinated Roasted Chicken <i>(See Special NC Harvest Menu)</i>	April 2 LUNCH Farmhouse Pasta w/ Meat Sauce <i>(See Special NC Harvest Menu)</i>	April 3 Spring Break Begins! No School
April 6	April 7	April 8	April 9	April 10
April 13 LUNCH Chicken Tender Basket w/ Warm Biscuit Waffle Fries Steamed Broccoli Cranberries	April 14 LUNCH Nachos (w/ Jalapeños) Ranchero Beans Corn Peaches	April 15 LUNCH Mozzarella Sticks Marinara Sauce Green Peas Pears	April 16 LUNCH Walking Tacos Salsa Shredded Romaine & Cheese Fresh Grapes	April 17 LUNCH Big Daddy's Pizza Tater Tots Tossed Salad Spiced Apples
April 20 LUNCH Chicken Wings w/ Cornbread Muffin Steamed Corn Baby Carrots w/ Ranch Mixed Berry Cup	April 21 LUNCH Hard Shell Beef Taco Black Beans Shredded Romaine and Cheese Pineapple	April 22 LUNCH Chicken Fajita Wrap Ranchero Bean Sweet Potato Fries Fruit Cocktail	April 23 LUNCH Chicken Sandwich Pickle Chips & Lettuce Steamed Peas French Fries Fresh Grapes	April 24 LUNCH Stuffed Crust Pizza Tossed Salad Roasted Broccoli Apple Crisp
April 27 LUNCH Chicken Tender Basket w/ Warm Biscuit French Fries Glazed Carrots Fruit Cocktail	April 28 LUNCH Meatball Sub Caesar Salad Green Beans Cranberries	April 29 LUNCH Corn Dog Nuggets Baked Beans Waffle Fries Fresh Pears	April 30 LUNCH Nachos (w/ Jalapeños) Ranchero Beans Corn on the Cob Spiced Apples	

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:

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

- 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.