



# Pamlico County High School: April 2026 Breakfast & Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>BREAKFAST</u></b> Cereal Apple Juice Cranberries	<b><u>BREAKFAST</u></b> Sausage Biscuit Grape Juice Applesauce Cup	<b><u>BREAKFAST</u></b> Powdered Donuts Apple Juice Peach Cup	<b><u>BREAKFAST</u></b> Ham & Cheese Croissant Grape Juice Pear Cup	<b><u>BREAKFAST</u></b> Chicken Biscuit Apple Juice Banana
		<b>April 1</b> <b><u>LUNCH</u></b> Lime-Marinated Roasted Chicken (See Special NC Harvest Menu)	<b>April 2</b> <b><u>LUNCH</u></b> Farmhouse Pasta w/ Meat Sauce (See Special NC Harvest Menu)	<b>April 3</b> <b>Spring Break Begins!</b>  No School
<b>April 6</b>	<b>April 7</b>	<b>April 8</b>	<b>April 9</b>	<b>April 10</b>



<b>April 13</b> <b><u>LUNCH</u></b> Chicken Tender Basket w/ Biscuit Baby Carrots w/ Ranch Cheesy Broccoli Cranberries/ Raisins	<b>April 14</b> <b><u>LUNCH</u></b> Nachos w/ Jalapeños Ranchero Beans Glazed Carrots Pineapple Peaches	<b>April 15</b> <b><u>LUNCH</u></b> BBQ Chicken Dinner Roll Mashed Potatoes w/Gravy Green Peas Pears/ Applesauce	<b>April 16</b> <b><u>LUNCH</u></b> Walking Tacos w/Salsa Shredded Romaine & Shredded Cheese Fresh Grapes Applesauce	<b>April 17</b> <b><u>LUNCH</u></b> Big Daddy's Pizza Tater Tots Tossed Salad Spiced Apples Raisins
<b>April 20</b> <b><u>LUNCH</u></b> Buffalo Chicken Wings w/ Cornbread Green Beans Glazed Carrots Mixed Berry Cup/ Cranberry	<b>April 21</b> <b><u>LUNCH</u></b> Hard Shell Beef Taco Black Beans Shredded Romaine/ Cheese Pineapple Pears	<b>April 22</b> <b><u>LUNCH</u></b> Meatloaf w/ Garlic Bread Roasted Broccoli Sweet Potato Fries Fruit Cocktail Peaches	<b>April 23</b> <b><u>LUNCH</u></b> Spicy Chicken Sandwich Baby Carrots w/ Ranch Steamed Peas French Fries Fresh Grapes/ Applesauce	<b>April 24</b> <b><u>LUNCH</u></b> Stuffed Crust Pizza Tossed Salad Waffle Fries Apple Crisp Raisins
<b>April 27</b> <b><u>LUNCH</u></b> Chicken Tender Basket w/ Warm Biscuit Baby Carrots w/ Ranch French Fries Fruit Cocktail/ Raisins	<b>April 28</b> <b><u>LUNCH</u></b> Meatball Sub Caesar Salad Green Peas Cranberries Peaches	<b>April 29</b> <b><u>LUNCH</u></b> Chicken Alfredo w/ Garlic Breadstick Steamed Broccoli Glazed Carrots Fresh Pears/ Pineapple	<b>April 30</b> <b><u>LUNCH</u></b> Nachos w/ Jalapeños Ranchero Beans Corn on the Cob Tangerines Spiced Apples	<b><u>Daily Offerings</u></b> <b>-Bento Box:</b> PB&J or Ham & Cheese <b>-Chef Salad:</b> (Tuesdays & Thursdays) <b>Beverages:</b> <b>-Milk:</b> 1% White, Fat-Free Chocolate, or Strawberry

## 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](http://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.