



Hertford County Public Schools Breakfast Menu for May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
				May 1 Apple Strudel Fruit Juice Milk
May 4 French Toast Sticks Fruit Juice Milk	May 5 Sausage Biscuit Fruit Juice Milk	May 6 <i>Early Release</i> Banana Bread Fruit Juice Milk	May 7 Super Donut Fruit Juice Milk	May 8 Cereal or Pop Tart Fruit Juice Milk
May 11 Belgian Waffle Fruit Juice Milk	May 12 Sausage Biscuit Fruit Juice Milk	May 13 Confetti Pancakes Fruit Juice Milk	May 14 Super Donut Fruit Juice Milk	May 15 <i>Teacher Workday No School</i>
May 18 French Toast Sticks Fruit Juice Milk	May 19 Sausage Biscuit Fruit Juice Milk	May 20 Banana Bread Fruit Juice Milk	May 21 Super Donut Fruit Juice Milk	May 22 Manager's Choice Fruit Juice Milk
May 25 <i>Holiday No School</i>	May 26 Sausage Biscuit Fruit Juice Milk	May 27 Apple Strudel Fruit Juice Milk	May 28 Super Donut Fruit Juice Milk	May 29 Manager's Choice Fruit Juice Milk

Nutrition Byte

Explore Fitness Benefits!

Did you know May is National Physical Fitness and Sports Month? Sports and fitness activities help you:

- Develop stronger muscles, bones, and joints
- Improve coordination, balance, and flexibility
- Enhance attention, memory, and problem-solving
- Boost academic performance
- Work on cooperation, communication, and leadership
- Reduce stress and anxiety and build self-esteem
- Sleep better
- Make friends
- Build healthy habits for a lifetime

What can you do?

- Turn on some music, dance, and sing.
- Take a walk or go for a run or bike ride.
- Play basketball, soccer, tennis, pickleball, or another sport.
- Get outside. Explore nature at a local park or trail.
- Play an active game with friends or family.
- Plant or work in a garden.
- Try a new activity. Spend time with others.

Aim for 60 minutes of daily physical activity. **Nutrilink:** Learn more and find resources at <https://odphp.health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines>.