



Hertford County Public Schools Lunch Menu for May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
				May 1 Pepperoni or Cheese Pizza Corn Baby Carrots Fruit/Milk
May 4 Chicken Fillet Sandwich Sweet Potato Fries Broccoli Fruit/Milk	May 5 Chicken Fajita w/tortilla Corn Black Beans Fruit/Milk	May 6 <i>Early Release</i> Ham & Cheese on croissant Smucker's Uncrustable PB&J Tater Tots Green Beans Fruit/Milk	May 7 Spaghetti w/Breadstick Side Salad Green Peas Fruit/Milk	May 8 Buffalo Wings or Chicken Chunks w/breadstick French Fries Baby Carrots Fruit/Milk
May 11 Cheeseburger French Fries Broccoli Fruit/Milk	May 12 Taco Pizza Black Beans Corn Fruit Milk	May 13 Mozzarella Sticks w/marinara Sweet Potato Fries Mixed Vegetables Fruit/Milk	May 14 Chicken Chunks Mashed Potatoes Green Peas/Roll Fruit/Milk	May 15 <i>Teacher Workday</i> <i>No School</i>
May 18 Orange Chicken Fried Rice Broccoli/Glazed Carrots Fruit/Milk	May 19 Hot Dog w/chili or Grilled Cheese sandwich French Fries Baked Beans Fruit/Milk	May 20 Chicken & Waffles Maple Roasted Sweet Potatoes/Green Beans Fruit/Milk	May 21 Hamburger Steak w/gravy NC Fresh Collards Mashed Potatoes/Roll Fruit/Milk	May 22 Pepperoni or Cheese Pizza Corn Baby Carrots Fruit/Milk
May 25 <i>Holiday</i> <i>No School</i>	May 26 Ham & Cheese on croissant Or Chef Salad Tater Tots Green Beans Fruit/Milk	May 27 BBQ Sandwich w/coleslaw Smucker's Uncrustable PB&J Sweet Potato Fries Baked Beans Fruit/Milk	May 28 Oven Roasted Chicken NC Fresh Cabbage Candied Yams/Roll Fruit Milk	May 29 Pepperoni or Cheese Pizza Corn Baby Carrots Fruit/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>.