



Hoke County Schools Breakfast Menus for May 2026

High School

Monday	Tuesday	Wednesday	Thursday	Friday
				May 1 Honey Bun Assorted Cereal Applesauce Cup Assorted Juice Low-fat or Fat Free Milk
May 4 Powdered Donut Holes Assorted Cereal Applesauce Cup Assorted Juice Low-fat or Fat Free Milk	May 5 Maple Pancake Mini Assorted Cereal Mandarin Oranges Cup Assorted Juice Low-fat or Fat Free Milk	May 6 French Toast Sticks Assorted Cereal Mixed Fruit Cup Assorted Juice Low-fat or Fat Free Milk	May 7 Apple Strudel Stick Assorted Cereal Mandarin Orange Cup Assorted Juice Low-fat or Fat Free Milk	May 8 Cinnamon Roll Assorted Cereal Diced Pear Cup Assorted Juice Low-fat or Fat Free Milk
May 11 Super Cruller Assorted Cereal Strawberry Applesauce Cup Assorted Juice Low-fat or Fat Free Milk	May 12 Turkey Ham & Cheese Croissant Assorted Cereal Mixed Fruit Cup Assorted Juice Low-fat or Fat Free Milk	May 13 Blueberry Donut Holes Assorted Cereal Mandarin Orange Cup Assorted Juice Low-fat or Fat Free Milk	May 14 Sausage Biscuit Assorted Cereal Diced Peach Cup Assorted Juice Low-fat or Fat Free Milk	May 15 Honey Bun Assorted Cereal Applesauce Cup Assorted Juice Low-fat or Fat Free Milk
May 18 Powdered Donut Holes Assorted Cereal Applesauce Cup Assorted Juice Low-fat or Fat Free Milk	May 19 Maple Pancake Mini Assorted Cereal Mandarin Oranges Cup Assorted Juice Low-fat or Fat Free Milk	May 20 French Toast Sticks Assorted Cereal Mixed Fruit Cup Assorted Juice Low-fat or Fat Free Milk	May 21 Apple Strudel Stick Assorted Cereal Mandarin Orange Cup Assorted Juice Low-fat or Fat Free Milk	May 22 Cinnamon Roll Assorted Cereal Diced Pear Cup Assorted Juice Low-fat or Fat Free Milk
May 25 	May 26 Turkey Ham & Cheese Croissant Assorted Cereal Mixed Fruit Cup Assorted Juice Low-fat or Fat Free Milk	May 27 Blueberry Donut Holes Assorted Cereal Mandarin Orange Cup Assorted Juice Low-fat or Fat Free Milk	May 28 Sausage Biscuit Assorted Cereal Diced Peach Cup Assorted Juice Low-fat or Fat Free Milk	May 29 Honey Bun Assorted Cereal Applesauce Cup Assorted Juice Low-fat or Fat Free 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>.



Hoke County Schools Lunch Menus for May 2026

High School

Monday	Tuesday	Wednesday	Thursday	Friday
				May 1 Deep Dish Pepperoni Pizza Meatball Sub w/Mozzarella Cheese Hot Dog w/Chili Baked Beans Seasoned French Fries w/Cheese Peach Cup Sliced Peaches 100% Vegetable Juice Box Low Fat or Fat-Free Milk
May 4 Chicken Nuggets Deep Dish Cheese Pizza Meatball Sub Green Beans Mashed Potatoes Diced Peaches Mixed Fruit Dinner Roll 100% Vegetable Juice Box Low-fat or Fat-Free Milk	May 5 Soft Shell Beef Taco Chef Salad w/ Grilled Chicken Fillet w/Cheesy Bites Cheeseburger on Bun Mixed Vegetables Black Beans Mixed Fruit Spiced Applesauce Low-fat or Fat Free Milk	May 6 Soft Shell Chicken Fajita Black Bean Burger on Bun Spicy Chicken Sandwich Shredded Lettuce, Diced Tomatoes Shredded Cheese, Salsa Savory Spinach w/Dip Steamed Carrots *NC Fresh Strawberries Spiced Applesauce 100% Fruit Juice Box Low-fat or Fat Free Milk	May 7 Mandarin Orange Chicken Taco Chef Salad w/Chips Retro Pepperoni Pizza *NC Fresh Steamed Broccoli Candied Yams *NC Heirloom Steamed Rice Peach Cup Applesauce Cup Breadstick Low-fat or Fat Free Milk	May 8 Cheeseburger on Bun Grilled Chicken Wrap Cheese Pocket w/Marinara Sauce Baked Beans Seasoned Potato Tots Applesauce Cup Sliced Peaches 100% Vegetable Juice Box Low-fat or Fat-Free Milk
May 11 Chick Fillet on Bun Chicken Quesadilla Pork Riblet on Bun Steamed Broccoli Seasoned Potato Tots Sliced Peaches Mixed Fruit 100% Vegetable Juice Box Low-fat or Fat Free Milk	May 12 Soft Shell Turkey Taco Chef Salad w/Chicken Fajita Breadstick Veggie Burger on Bun Mixed Vegetables Pinto Beans Shredded Lettuce, Diced Tomatoes Shredded Cheese, Salsa *NC Fresh Strawberries Mixed Fruit Low-fat or Fat Free Milk	May 13 Deep Dish Cheese Pizza Sausage Biscuit Corn Dog *Fresh NC Broccoli w/Dip Waffle Sweet Potato Fries Applesauce Cup Diced Peaches 100% Fruit Juice Box Low-fat or Fat Free Milk	May 14 Oven Roasted Chicken Turkey Taco Chef Salad w/Tortilla Chips Cheeseburger on Bun *NC Fresh Steamed Cabbage *Fresh Baked NC Sweet Potatoes Spiced Peaches Baked Diced Peaches Dinner Roll Low-fat or Fat Free Milk	May 15 Sloppy Joe on Bun Deep Dish Pepperoni Pizza Grilled Chicken Wrap Baked Beans Seasoned Curly Fries Mixed Berry Fruit Cup Mixed Fruit 100% Vegetable Juice Box Low-fat or Fat Free Milk
May 18 Deep Dish Pepperoni Pizza Veggie Burger on Bun Hot Dog on Bun Steamed Broccoli Baked Beans Sliced Peaches Spiced Applesauce 100% Vegetable Juice Box Low-fat or Fat-Free Milk	May 19 Chicken and *NC Heirloom Rice Chef Salad w/Grilled Chicken Fillet w/Breadstick Grilled Ham & Cheese Sandwich *Fresh NC Collard Greens Diced Carrots *NC Fresh Blue Berries Spiced Applesauce Breadstick Low-fat or Fat-Free Milk	May 20 Cheeseburger on Bun Deep Dish Cheese Pizza Grilled Chicken Wrap Seasoned Sweet Potato Waffle Fries Baked Beans *NC Fresh Cut Strawberries Mixed Fruit 100% Fruit Juice Box Low-fat or Fat-Free Milk	May 21 Spaghetti w/*NC Ground Beef Meat Sauce Chef Salad w/Diced Chicken w/Pepperoni Cheesy Bites Pepperoni Cheesy Bites (4) w/Marinara Sauce *Fresh NC Steamed Cabbage *Fresh Baked NC Sweet Potato *NC Mixed Berry Medley Mixed Fruit Pepperoni Cheesy Bites Low-fat or Fat-Free Milk	May 22 Deep Dish Cheese Pizza Corn Dog Chicken Quesadilla *Fresh NC Broccoli w/Dip Seasoned Potato Tots Diced Peaches Strawberry Cup 100% Vegetable Juice Box Low Fat or Fat-Free Milk
May 25 	May 26 Deep Dish Pepperoni Pizza Chef Salad w/Grilled Chicken Fillet Spicy Chicken Sandwich Savory Spinach w/Chips Honey Glazed Carrots Mixed Fruit Diced Peaches Low-fat or Fat-Free Milk	May 27 Beefy Nachos Chicken Quesadilla Veggie Burger on Bun Mixed Vegetables Black Beans Salsa *NC Heirloom Steamed Rice Mixed Fruit Sliced Peaches 100% Fruit Juice Box Lowfat or Fat Free Milk	May 28 Oven Roasted Chicken Chicken Fajita Deep Dish Cheese Pizza *Fresh NC Collard Greens Sweet Potato Soufflé *NC Heirloom Steamed Rice Spiced Peaches Baked Sliced Peacher Breadstick Low-fat or Fat Free Milk	May 29 Hot Dog on Bun Uncrustable Baked Beans Seasoned French Fries Strawberry Cup Mixed Fruit 100% Vegetable Juice Box Low-fat or Fat Free Milk

UPDATED 4/22/2026