



Hoke County Schools Breakfast Menus for May 2026

SandHoke

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

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

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Monday	Tuesday	Wednesday	Thursday	Friday
				<p>May 1</p> <ul style="list-style-type: none"> 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
<p>May 4</p> <ul style="list-style-type: none"> 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 	<p>May 5</p> <ul style="list-style-type: none"> 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 	<p>May 6</p> <ul style="list-style-type: none"> 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 	<p>May 7</p> <ul style="list-style-type: none"> 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 	<p>May 8</p> <ul style="list-style-type: none"> 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
<p>May 11</p> <ul style="list-style-type: none"> 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 	<p>May 12</p> <ul style="list-style-type: none"> 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 	<p>May 13</p> <ul style="list-style-type: none"> 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 	<p>May 14</p> <ul style="list-style-type: none"> 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 	<p>May 15</p> <ul style="list-style-type: none"> 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

UPDATED 4/22/2026