



Hoke County Schools Breakfast Menus for May 2026

Pre-K

Monday	Tuesday	Wednesday	Thursday	Friday
				May 1 Breakfast Bites Assorted Cereal Diced Pear Cup Low-fat or Fat Free Milk
May 4 Chocolate Chip French Toast Mini Assorted Cereal Diced Pear Cup Low-fat or Fat Free Milk	May 5 Maple Pancake Mini Assorted Cereal Applesauce Cup Low-fat or Fat Free Milk	May 6 French Toast Sticks Assorted Cereal Mixed Fruit Cup Low-fat or Fat Free Milk	May 7 Chocolate Chip Muffin Assorted Cereal Assorted Juice Low-fat or Fat Free Milk	May 8 Maple Waffle Minis Assorted Cereal Diced Pear Cup Low-fat or Fat Free Milk
May 11 Apple Cinnamon Muffin Assorted Cereal Strawberry Applesauce Cup Low-fat or Fat Free Milk	May 12 Cinnamon French Toast Minis Assorted Cereal Assorted Juice Low-fat or Fat Free Milk	May 13 Maple Pancake Mini Assorted Cereal Mandarin Orange Cup Low-fat or Fat Free Milk	May 14 Sausage Biscuit Assorted Cereal Assorted Juice Low-fat or Fat Free Milk	May 15 Breakfast Bites Assorted Cereal Diced Pear Cup Low-fat or Fat Free Milk
May 18 Chocolate Chip French Toast Mini Assorted Cereal Diced Pear Cup Low-fat or Fat Free Milk	May 19 Maple Pancake Mini Assorted Cereal Applesauce Cup Low-fat or Fat Free Milk	May 20 French Toast Sticks Assorted Cereal Mixed Fruit Cup Low-fat or Fat Free Milk	May 21 Chocolate Chip Muffin Assorted Cereal Assorted Juice Low-fat or Fat Free Milk	May 22 Maple Waffle Minis Assorted Cereal Diced Pear Cup Low-fat or Fat Free Milk
May 25 	May 26 Cinnamon French Toast Minis Assorted Cereal Assorted Juice Low-fat or Fat Free Milk	May 27 Maple Pancake Mini Assorted Cereal Mandarin Orange Cup Low-fat or Fat Free Milk	May 28 Sausage Biscuit Assorted Cereal Assorted Juice Low-fat or Fat Free Milk	May 29 Breakfast Bites Assorted Cereal Diced Pear Cup 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

Pre-K

Monday	Tuesday	Wednesday	Thursday	Friday
				May 1 Deep Dish Pepperoni Pizza Baked Beans Sliced Peaches Low Fat or Fat-Free Milk
May 4 Chicken Nuggets Green Beans Diced Peaches Dinner Roll Low-fat or Fat-Free Milk	May 5 Soft Shell Beef Taco Mixed Vegetables Mixed Fruit Low-fat or Fat Free Milk	May 6 Soft Shell Chicken Fajita Savory Spinach w/Dip *NC Fresh Strawberries Low-fat or Fat Free Milk	May 7 Mandarin Orange Chicken Candied Yams *NC Heirloom Steamed Rice Diced Peaches Breadstick Low-fat or Fat Free Milk	May 8 Cheeseburger on Bun Baked Beans Applesauce Low-fat or Fat-Free Milk
May 11 Chick Fillet on Bun Steamed Broccoli Sliced Peaches Low-fat or Fat Free Milk	May 12 Soft Shell Turkey Taco Mixed Vegetables Shredded Lettuce Diced Tomatoes Shredded Cheese, Salsa *NC Fresh Strawberries Low-fat or Fat Free Milk	May 13 Deep Dish Cheese Pizza *Fresh NC Broccoli w/Dip Mixed Fruit Low-fat or Fat Free Milk	May 14 Oven Roasted Chicken *NC Fresh Baked Sweet Potato Spiced Peaches Baked Dinner Roll Low-fat or Fat Free Milk	May 15 Sloppy Joe on Bun Baked Beans Diced Peaches Low-fat or Fat Free Milk
May 18 Deep Dish Pepperoni Pizza Baked Beans Sliced Peaches Low-fat or Fat-Free Milk	May 19 Chicken and *NC Heirloom Rice *Fresh NC Collard Greens *NC Fresh Blue Berries Breadstick Low-fat or Fat-Free Milk	May 20 Cheeseburger on Bun Seasoned Sweet Potato Waffle Fries *NC Fresh Cut Strawberries Low-fat or Fat-Free Milk	May 21 Spaghetti w/*NC Ground Beef Meat Sauce *Fresh NC Steamed Cabbage *NC Mixed Berry Medley Pepperoni Cheesy Bites Low-fat or Fat-Free Milk	May 22 Deep Dish Cheese Pizza *Fresh NC Broccoli w/Dip Diced Peaches Low Fat or Fat-Free Milk
May 25 	May 26 Deep Dish Pepperoni Pizza Honey Glazed Carrots Mixed Fruit Low-fat or Fat-Free Milk	May 27 Beefy Nachos Black Beans Salsa Diced Peaches Lowfat or Fat Free Milk	May 28 Oven Roasted Chicken *Fresh NC Collard Greens *NC Heirloom Steamed Rice Spiced Peaches Baked Breadstick Low-fat or Fat Free Milk	May 29 Hot Dog on Bun Baked Beans Mixed Fruit Low-fat or Fat Free Milk

UPDATED 5/1/2026