



Pamlico County Schools: May 2026 K-8 Breakfast & Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST Mini Donuts Apple Juice Cranberries	BREAKFAST Banana Bread Grape Juice Applesauce Cup	BREAKFAST Frech Toast Sticks Apple Juice Peach Cup	BREAKFAST Sausage Biscuit Grape Juice Strawberry Cup	BREAKFAST Pop Trat Apple Juice Raisins
				May 1 LUNCH Pizza Roasted Broccoli French Fries Spiced Apples
May 4 LUNCH Chicken wings w/ Biscuit Glazed Carrots Green Peas Sliced Peaches	May 5 LUNCH Nachos w/ Jalapenos Ranchero Beans Steamed Corn Sliced Pears	May 6 LUNCH Corn Dog Nuggets Green Beans Cheesy Broccoli Fruit Cocktail	May 7 LUNCH Pizza Waffle Fries Glazed Carrots Spiced Apples	May 8 LUNCH Teacher Workday!
May 11 LUNCH Chicken Tender Basket w/ Biscuit Glazed Carrots Green Peas Sliced Peaches	May 12 LUNCH Nachos w/ Jalapenos Ranchero Beans Steamed Corn Sliced Pears	May 13 LUNCH Mozzarella Sticks Green Beans Marinara Sauce Pineapple Tidbits	May 14 LUNCH Hard Shell Beef Taco Shredded Lettuce/ Cheese Salsa Fresh Grapes	May 15 LUNCH Pizza Roasted Broccoli French Fries Spiced Apples
May 18 LUNCH Chicken Nuggets w/ Biscuit Glazed Carrots Green Peas Sliced Peaches	May 19 LUNCH Turkey Taco Bowl Roasted Broccoli Salsa Sliced Pears	May 20 LUNCH MANAGER'S CHOICE	May 21 LUNCH MANAGER'S CHOICE	May 22 LUNCH PB&J Uncrustables or Ham and cheese Sandwich Vegetable Juice Fruit (Mangers Choice) Early dismissal day!!



HAPPY SUMMER!

Good luck on exams! We are so proud of you. Have a safe, happy summer break!
See you in August! — Your School Nutrition Team

HEROES!

HAPPY SCHOOL LUNCH HERO DAY!

FRIDAY, MAY 1ST

CELEBRATING OUR AMAZING SCHOOL NUTRITION STAFF!

NOT ALL HEROES WEAR CAPES... OURS WEAR APRONS!
Thank You for Feeding Our Future! ♥

Pamlico County Schools

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://odph.health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines>.