



Pamlico County High School: May 2026 Breakfast & Lunch Menu

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

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>.