



Halifax County Schools Pre-K Menus for May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Menus are subject to change	Breakfast, lunch, and snack include low-fat, unflavored milk.			May 1 Manager's Choice Fruit Choice Pepperoni or Cheese Pizza French Fries Fresh Banana Pretzels (wg)
May 4 Whole Grain Cereal Fruit Choice Sloppy Joe Sandwich Green Beans Baked Apples Goldfish Crackers (wg)	May 5 Bacon Egg & Cheese S'wich Fruit Choice Beef Stir-Fry w/Rice California Vegetable Medley Diced Pears Cup Scooby Doo Grahams (wg)	May 6 Yogurt Cup Fruit Choice Breaded Pork Chop w/Roll Steamed Broccoli Fresh Fruit Mini Blueberry Loaf (wg)	May 7 French Toast w/Sausage Fruit Choice Deli Sandwich Collard Greens Mixed Fruit Cup Pretzels (wg)	May 8 EARLY RELEASE Manager's Choice Fruit Choice Pepperoni or Cheese Pizza Side Salad Fresh Banana CheezIts (wg)
May 11 Ham & Cheese Croissant Fruit Choice Baked Spaghetti Green Beans Baked Pears Graham Crackers (wg)	May 12 Chicken Biscuit Fruit Choice Tacos w/Chips Glazed Carrots Fresh Strawberries Goldfish Crackers (wg)	May 13 Whole Grain Cereal Fruit Choice Sloppy Joe Sandwich Potato Smiles Fresh Fruit Mini Blueberry Loaf (wg)	May 14 Bacon Egg & Cheese S'wich Fruit Choice Chicken Sandwich Steamed Broccoli Mixed Fruit Cup Munchies Mix (wg)	May 15 Manager's Choice Fruit Choice Pepperoni or Cheese Pizza French Fries Fresh Banana Pretzels (wg)
May 18 French Toast w/Sausage Fruit Choice Baked Spaghetti Green Beans Baked Apples Goldfish Crackers (wg)	May 19 Pork Chop Biscuit Fruit Choice Beef Stir-Fry w/Rice Glazed Carrots Frozen Strawberry Cup Scooby Doo Grahams (wg)	May 20 Ham & Cheese Croissant Fruit Choice Chicken Nuggets Baked Beans Fresh Fruit Mini Blueberry Loaf (wg)	May 21 Chicken Biscuit Fruit Choice Deli Sandwich Sweet Potato Fries Frozen Peach Cup Chex Snack Mix (wg)	May 22 Manager's Choice Fruit Choice Pepperoni or Cheese Pizza French Fries Fresh Banana Pretzels (wg)
May 25 No School Memorial Day Holiday	May 26 Bacon Egg & Cheese S'wich Fruit Choice Tacos w/Chips Glazed Carrots Frozen Strawberry Cup Scooby Doo Grahams (wg)	May 27 Yogurt Cup Fruit Choice Chicken Nuggets California Blend Vegetables Fresh Fruit Mini Blueberry Loaf (wg)	May 28 French Toast w/Sausage Fruit Choice Chicken Sandwich Steamed Broccoli Frozen Peach Cup Pretzels (wg)	May 29 Manager's Choice Fruit Choice Pepperoni or Cheese Pizza Side Salad Fresh Banana CheezIts (wg)

Families Making the Connection

Be Active Every Day for 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

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.

Celebrate Physical Fitness and Sports. Learn more and find resources at <https://odphp.health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines>.