



Halifax County Schools 9-12 Menus for May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menus are subject to change</p> <p>Deli meat is a turkey, not pork.</p>	<p>Breakfast includes choice of low-fat or fat-free milk, 100% fruit juice, and fresh fruit.</p> <p>Lunch includes choice of low-fat or fat-free milk.</p> <p>Fresh Fruit and Fruit Cup</p> <p>Options available daily at breakfast and at lunch.</p>	<p>Daily Alternate Breakfast Entrée Options: Cereal, Cereal Bar, or PopTarts</p> <p>Daily Alternate Lunch Entrée Options: Deli Sandwich PBJ Sandwich</p>		<p>May 1 Manager's Choice Fruit Choice</p> <p>Pepperoni Pizza Cheese Pizza French Fries Side Salad Baby Carrots w/Dip Mixed Fruit Cup Banana</p>
<p>May 4 Pancake on a Stick Fruit Choice</p> <p>Sloppy Joe Sandwich Green Beans Sweet Potato Fries Baked Apples Fresh Fruit</p>	<p>May 5 Bacon Egg & Cheese S'wich Fruit Choice</p> <p>Beef Stir-Fry w/Rice Black-eyed Peas California Vegetable Medley Diced Pears Cup Fresh Fruit</p>	<p>May 6 Fresh Baked Cinnamon Roll Fruit Choice</p> <p>Pork Chop w/Roll Mashed Potatoes Steamed Broccoli Blueberry Cobbler Fresh Fruit</p>	<p>May 7 French Toast w/Sausage Fruit Choice</p> <p>Deli Sandwich Chef Salad w/Crackers Collard Greens Sweet Potato Fries Mixed Fruit Cup Fresh Fruit</p>	<p>May 8 EARLY RELEASE Manager's Choice Fruit Choice</p> <p>Pepperoni Pizza Cheese Pizza French Fries Side Salad Baby Carrots w/Dip Mixed Fruit Cup Banana</p>
<p>May 11 Ham & Cheese Croissant Fruit Choice</p> <p>Baked Spaghetti w/Garlic Bread Green Beans Black-eyed Peas Baked Pears Fresh Fruit</p>	<p>May 12 Chicken Biscuit Fruit Choice</p> <p>Tacos w/Chips Glazed Carrots Seasoned Corn Sliced Peaches Cup Fresh Strawberries</p>	<p>May 13 Pancake on a Stick Fruit Choice</p> <p>Sloppy Joe on Bun Potato Smiles Baked Beans Strawberry Cobbler Fresh Fruit</p>	<p>May 14 Bacon Egg & Cheese S'wich Fruit Choice</p> <p>Chicken Sandwich Chef Salad w/Crackers Steamed Broccoli Glazed Carrots Mixed Fruit Cup Fresh Fruit</p>	<p>May 15 Manager's Choice Fruit Choice</p> <p>Pepperoni Pizza Cheese Pizza French Fries Side Salad Baby Carrots w/Dip Mixed Fruit Cup Banana</p>
<p>May 18 French Toast w/Sausage Fruit Choice</p> <p>Baked Spaghetti w/Garlic Bread Green Beans Pinto Beans Baked Apples Fresh Fruit</p>	<p>May 19 Pork Chop Biscuit Fruit Choice</p> <p>Beef Stir-Fry w/Rice Black-eyed Peas Glazed Carrots Frozen Strawberry Cup Fresh Fruit</p>	<p>May 20 Ham & Cheese Croissant Fruit Choice</p> <p>Hot Dog w/ Chili Baked Beans Cole Slaw Blueberry Cobbler Fresh Fruit</p>	<p>May 21 Chicken Biscuit Fruit Choice</p> <p>Deli Sandwich Chef Salad w/Crackers Steamed Broccoli Sweet Potato Fries Frozen Peach Cup Fresh Fruit</p>	<p>May 22 Manager's Choice Fruit Choice</p> <p>Pepperoni Pizza Cheese Pizza French Fries Side Salad Baby Carrots w/Dip Mixed Fruit Cup Banana</p>
<p>May 25</p>	<p>May 26</p>	<p>May 27</p>	<p>May 28</p>	<p>May 29</p>

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

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.

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>.