




# Hoke County Schools Breakfast Menus for May 2026

## Elementary School

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>May 1</b> Honey Bun Assorted Cereal Applesauce Cup Assorted Juice Low-fat or Fat Free Milk
<b>May 4</b> Powdered Donut Holes Assorted Cereal Applesauce Cup Assorted Juice Low-fat or Fat Free Milk	<b>May 5</b> Maple Pancake Mini Assorted Cereal Mandarin Oranges Cup Assorted Juice Low-fat or Fat Free Milk	<b>May 6</b> French Toast Sticks Assorted Cereal Mixed Fruit Cup Assorted Juice Low-fat or Fat Free Milk	<b>May 7</b> Apple Strudel Stick Assorted Cereal Mandarin Orange Cup Assorted Juice Low-fat or Fat Free Milk	<b>May 8</b> Cinnamon Roll Assorted Cereal Diced Pear Cup Assorted Juice Low-fat or Fat Free Milk
<b>May 11</b> Super Cruller Assorted Cereal Strawberry Applesauce Cup Assorted Juice Low-fat or Fat Free Milk	<b>May 12</b> Turkey Ham & Cheese Croissant Assorted Cereal Mixed Fruit Cup Assorted Juice Low-fat or Fat Free Milk	<b>May 13</b> Blueberry Donut Holes Assorted Cereal Mandarin Orange Cup Assorted Juice Low-fat or Fat Free Milk	<b>May 14</b> Sausage Biscuit Assorted Cereal Diced Peach Cup Assorted Juice Low-fat or Fat Free Milk	<b>May 15</b> Honey Bun Assorted Cereal Applesauce Cup Assorted Juice Low-fat or Fat Free Milk
<b>May 18</b> Powdered Donut Holes Assorted Cereal Applesauce Cup Assorted Juice Low-fat or Fat Free Milk	<b>May 19</b> Maple Pancake Mini Assorted Cereal Mandarin Oranges Cup Assorted Juice Low-fat or Fat Free Milk	<b>May 20</b> French Toast Sticks Assorted Cereal Mixed Fruit Cup Assorted Juice Low-fat or Fat Free Milk	<b>May 21</b> Apple Strudel Stick Assorted Cereal Mandarin Orange Cup Assorted Juice Low-fat or Fat Free Milk	<b>May 22</b> Cinnamon Roll Assorted Cereal Diced Pear Cup Assorted Juice Low-fat or Fat Free Milk
<b>May 25</b> 	<b>May 26</b> Turkey Ham & Cheese Croissant Assorted Cereal Mixed Fruit Cup Assorted Juice Low-fat or Fat Free Milk	<b>May 27</b> Blueberry Donut Holes Assorted Cereal Mandarin Orange Cup Assorted Juice Low-fat or Fat Free Milk	<b>May 28</b> Sausage Biscuit Assorted Cereal Diced Peach Cup Assorted Juice Low-fat or Fat Free Milk	<b>May 29</b> Honey Bun Assorted Cereal Applesauce Cup Assorted Juice 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

## Elementary School

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>May 1</b> Deep Dish Pepperoni Pizza Meatball Sub w/Mozzarella Cheese Peanut Butter & Jelly Sandwich Baked Beans Seasoned French Fries Peach Cup Low Fat or Fat-Free Milk
<b>May 4</b> Chicken Nuggets Deep Dish Cheese Pizza Peanut Butter & Jelly Sandwich Green Beans Mashed Potatoes Diced Peaches Dinner Roll Low-fat or Fat-Free Milk	<b>May 5</b> Soft Shell Beef Taco Chef Salad w/ Grilled Chicken Fillet w/Cheesy Bites Grilled Cheese Sandwich Mixed Vegetables Black Beans Mixed Fruit Low-fat or Fat Free Milk	<b>May 6</b> Soft Shell Chicken Fajita Black Bean Burger on Bun Peanut Butter & Jelly Sandwich Shredded Lettuce, Diced Tomatoes Shredded Cheese, Salsa Savory Spinach w/Dip Steamed Carrots *NC Fresh Strawberries Low-fat or Fat Free Milk	<b>May 7</b> Mandarin Orange Chicken Taco Chef Salad w/Chips Grilled Cheese Sandwich *NC Fresh Steamed Broccoli Candied Yams *NC Heirloom Steamed Rice Peach Cup Breadstick Low-fat or Fat Free Milk	<b>May 8</b> Cheeseburger on Bun Cheese Pocket w/Marinara Sauce Peanut Butter & Jelly Sandwich Baked Beans Seasoned Potato Tots Applesauce Cup Low-fat or Fat-Free Milk
<b>May 11</b> Chick Fillet on Bun Chicken Quesadilla Peanut Butter & Jelly Sandwich Steamed Broccoli Seasoned Potato Tots Sliced Peaches Low-fat or Fat Free Milk	<b>May 12</b> Soft Shell Turkey Taco Chef Salad w/Chicken Fajita Breadstick Grilled Cheese Sandwich Mixed Vegetables Pinto Beans Shredded Lettuce Diced Tomatoes Shredded Cheese, Salsa *NC Fresh Strawberries Low-fat or Fat Free Milk	<b>May 13</b> Deep Dish Cheese Pizza Pork Riblet on Bun Peanut Butter & Jelly Sandwich *Fresh NC Broccoli w/Dip Waffle Sweet Potato Fries Applesauce Cup Low-fat or Fat Free Milk	<b>May 14</b> Oven Roasted Chicken Turkey Taco Chef Salad w/Tortilla Chips Grilled Cheese Sandwich *NC Fresh Steamed Cabbage *Fresh Baked NC Sweet Potatoes Spiced Peaches Baked Dinner Roll Low-fat or Fat Free Milk	<b>May 15</b> Sloppy Joe on Bun Deep Dish Pepperoni Pizza Peanut Butter & Jelly Sandwich Baked Beans Seasoned Curly Fries Mixed Berry Fruit Cup Low-fat or Fat Free Milk
<b>May 18</b> Deep Dish Pepperoni Pizza Veggie Burger on Bun Peanut Butter & Jelly Sandwich Steamed Broccoli Baked Beans Sliced Peaches Low-fat or Fat-Free Milk	<b>May 19</b> Chicken and *NC Heirloom Rice Chef Salad w/Grilled Chick Fillet w/Breadstick Grilled Cheese Sandwich *Fresh NC Collard Greens Diced Carrots *NC Fresh Blue Berries Breadstick Low-fat or Fat-Free Milk	<b>May 20</b> Cheeseburger on Bun Deep Dish Cheese Pizza Peanut Butter & Jelly Sandwich Seasoned Sweet Potato Waffle Fries Baked Beans *NC Fresh Cut Strawberries Low-fat or Fat-Free Milk	<b>May 21</b> Spaghetti w/*NC Ground Beef Meat Sauce Chef Salad w/Diced Chicken w/Pepperoni Cheesy Bites Grilled Cheese Sandwich *Fresh NC Steamed Cabbage *Fresh Baked NC Sweet Potato *NC Mixed Berry Medley Pepperoni Cheesy Bites Low-fat or Fat-Free Milk	<b>May 22</b> Deep Dish Cheese Pizza Corn Dog Peanut Butter & Jelly Sandwich *Fresh NC Broccoli w/Dip Seasoned Potato Tots Diced Peaches Low Fat or Fat-Free Milk
<b>May 25</b> 	<b>May 26</b> Deep Dish Pepperoni Pizza Chef Salad w/Grilled Chicken Fillet Grilled Cheese Sandwich Savory Spinach w/Chips Honey Glazed Carrots Mixed Fruit Low-fat or Fat-Free Milk	<b>May 27</b> Beefy Nachos Chicken Quesadilla Peanut Butter & Jelly Sandwich Mixed Vegetables Black Beans Salsa Mixed Berry Cup Lowfat or Fat Free Milk	<b>May 28</b> Oven Roasted Chicken Chicken Fajita Grilled Cheese Sandwich *Fresh NC Collard Greens Sweet Potato Soufflé *NC Heirloom Steamed Rice Spiced Peaches Baked Breadstick Low-fat or Fat Free Milk	<b>May 29</b> Hot Dog on Bun Uncrustable Baked Beans Seasoned French Fries Strawberry Cup Low-fat or Fat Free Milk

UPDATED 5/4/2026