



Hoke County Schools Breakfast Menus for May 2026

Middle School

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

Middle School

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

UPDATED 5/4/2026