

Hertford County Public Schools PreK Menu for August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
August 3	August 4	August 5	August 6	August 7
August 10	August 11	August 12	August 13	August 14
August 17	August 18	August 19	August 20	August 21
August 24 Welcome Back all BEARS! Cereal Chicken Chunks/Breadstick Mashed Potatoes Fruit/Milk	August 25 Sausage Biscuit Hot Ham & Cheese Green Beans Fruit/Milk	August 26 Banana Bread Grilled Cheese French Fries Fruit/Milk	August 27 Cereal Bar Oven Roasted Chicken/Roll Candied Yams Collards Fruit/Milk	August 28 Muffin Pizza Corn Fruit/Milk
August 31 Confetti Pancakes Mandarin Orange Chicken Fried Rice Broccoli Fruit/Milk				*Breakfast also includes fruit and milk*

Nutrition Byte

Explore Food, Fitness, Fun, and Farm to Summer!

#NCFarmtoSummer benefits youth, School and Summer Nutrition Programs, schools, farms, families, and communities. Summer is peak growing season for local farms. Purchasing locally grown food supports farmers and communities. Serving locally grown foods at their peak offers the best quality, variety, taste, nutritional value, and cost. #NCFarmtoSummer activities can be fun!

N.C. School and Summer Nutrition Programs, schools, community organizations, youth, and families are encouraged to take the #NCFarmtoSummer Challenge:

- Serve and eat locally grown foods in meals and/or snacks.
- Learn and teach about locally grown foods, agriculture, and nutrition.

- Post or share about #NCFarmtoSummer activities.
- Plan to participate in the #NCCrunch to taste and learn about North Carolina-grown fruits and vegetables for #FarmtoSchool Month in October.

You can join in the farm to summer fun! Buy, prepare, serve, and promote locally grown foods. Learn about and try growing local food. **Nutrilink:** Find #NCFarmtoSummer resources at go.ncdpi.gov/ncfarmtosummer.

Did you know N.C. Summer Nutrition Programs offer food, fitness, fun, and farm to summer for youth when school is out? **Nutrilink:** Find summer meals at no cost for youth at summermeals4nckids.org.