



Beaufort County Schools Menus for August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
August 3 ECHS Menu Subject to Change	August 4 Donuts or Cereal Chicken Sandwich Turkey and Cheese Sandwich Carrots Variety of Fruit Low fat or Fat Free Milk	August 5 Chicken Biscuits or Cereal Nachos with Beef and Cheese Chicken and Cheese Quesadilla Pinto Beans Corn Variety of Fruit Low fat or Fat Free Milk	August 5 Apple Strudel or Cereal Hot Turkey and Cheese Sandwich Corn Dogs Orange Glazed Carrots Tossed Salad Variety of Fruits Low fat or Fat Free Milk	August 7 Muffins or Cereal Fish Nuggets with Hush Puppies Pork Chop Sandwich Baked Beans Tator Tots Variety of Fruits Low fat or Fat Free Milk
August 10 French Toast Sticks or Cereal Nardone Cheese Pizza Orange Chicken with Fried Rice Sweet Potato Fries Mixed Vegetables Assorted Fruits Low fat or Fat Free Milk	August 11 Pancakes with Sausage or Cereal Boneless Wings with Roll Macaroni and Cheese with Corn Muffin Candied Yams Green Beans Assorted Fruits Low fat or Fat Free Milk	August 12 Chicken Biscuit or Cereal Meatballs with Gravy over Rice BBQ Pork Sandwich Collard Greens Black Beans Assorted Fruits Low fat or Fat Free Milk	August 13 Oatmeal Bun or Cereal Chicken Alfredo with Breadstick Hotdog with Chili Caesar Salad Steamed Broccoli Assorted Low fat or Fat Free Milk	August 14 Dunkin Stix or Cereal Hamburger or Cheeseburger Chicken Wrap Potato Wedges Fresh Cucumber with Ranch Dressing Assorted Fruits Low fat or Fat Free Milk
August 17 Sweet Bread or Cereal Pizza Popcorn Chicken with Roll Roasted Potatoes Corn Assorted Fruits Low fat or Fat Free Milk	August 18 Waffles with Sausage or Cereal Walking Taco Chicken Fajitas (L,T,Salsa,SC) Black Beans Fresh Carrots with Dip Assorted Fruits Low fat or Fat Free Milk	August 19 Pancake Sausage on a Stick or Cereal Chicken Sandwich Salisbury Steak with Rice and Gravy Peas Chef's Choice of Vegetable Assorted Fruits Low fat or Fat Free Milk	August 20 Cinnamon Bun or Cereal Baked Ziti with Breadstick Chicken Mashed Potato Bowl Yellow Roasted Squash Tossed Salad Assorted Fruits Low fat or Fat Free Milk	August 21 Assorted Muffins or Cereal Cheese Dippers with Marinara Sauce Fish sandwich with Coleslaw French Fries Brussel Sprouts Assorted Fruits Low fat or Fat Free Milk
August 24 Sausage Biscuit or Cereal School Pizza Loaded Baked Potato California Blend Sauteed Cabbage Assorted Fruits Low fat or Fat Free Milk	August 25 French Toast Sticks or Cereal Nachos with Beef and or Cheese Chicken and Cheese Quesadilla Pinto Beans Roasted Street Corn Assorted Fruits Low fat or Fat Free Milk	August 26 Donuts or Cereal BBQ Chicken with Roall Toasted Cheese Sandwich Mashed Potatoes with Gravy Green Peas Assorted Fruits Low fat or Fat Free Milk	August 27 Apple Strudel or Cereal Spaghetti with Meat sauce and Breadstick Corndog Tossed Salad Orange Glazed Carrots Assorted Fruits Low fat or Fat Free Milk	August 28 Breakfast Pizza or Cereal Fish Nuggets with Hush Puppies BBQ Sandwich with Coleslaw Baked Beans Tator Tots Assorted Fruits Low fat or Fat Free Milk

Families Making the Connection

School Meals Make a Difference!

All public schools in North Carolina offer school lunch. Most also offer school breakfast. All students can participate in school meal programs. Families can apply to see if they qualify for school meal benefits for their students. Ask your school about a meal application.

Many students and their families depend on school meals. School meals offer a variety of lean proteins, whole grains, fruits, vegetables, lowfat or fat free dairy, and locally grown ingredients. School meals make a difference!

There are many benefits to school meals:

This institution is an equal opportunity provider.

<https://www.dpi.nc.gov/districts-schools/district-operations/school-nutrition>