



Hertford County Public Schools PreK Menu for September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	September 1 Sausage Biscuit Fiestada Taco Pizza Corn Fruit/Milk	September 2 Pancake/Sausage Stick Chicken & Waffles Green Beans Fruit/Milk	September 3 Cereal Mozzarella Sticks w/marinara Baby Lima Beans Fruit/Milk	September 4 Banana Bread Chicken chunks/Breadstick French Fries Fruit/Milk
September 7 <i>Holiday No School</i>	September 8 Sausage Biscuit Chicken Fajita w/tortilla Corn Fruit/Milk	September 9 Cereal Cheeseburger Broccoli Fruit/Milk	September 10 Muffin Hot Ham & Cheese <u>**Potato Smiles ☺**</u> Fruit/Milk	September 11 Apple Strudel Pizza Corn Fruit/Milk
September 14 Confetti Pancakes Chicken Chunks/Roll Mashed Potatoes Fruit/Milk	September 15 Sausage Biscuit Walking Taco w/tortilla Green Beans Fruit/Milk	September 16 Pancake/Sausage Stick Grilled Cheese Sweet Potato Fries Fruit/Milk	September 17 Cereal Oven Roasted Chicken Candied Yams/Roll Collards Fruit/Milk	September 18 Banana Bread <u>**Pizza Quesadilla**</u> Corn Fruit/Milk
September 21 Dutch Waffle Mandarin Orange Chicken Fried Rice Broccoli Fruit/Milk	September 22 Sausage Biscuit Fiestada Taco Pizza Corn Fruit/Milk	September 23 Cereal Chicken & Waffles Maple roasted Sweet Potatoes Fruit/Milk	September 24 Muffin Mozzarella Sticks w/marinara Baby Lima Beans Fruit/Milk	September 25 Apple Strudel Pizza Corn Fruit/Milk
September 28 Cereal Grilled Cheese French Fries Fruit/Milk	September 29 Sausage Biscuit <u>**Lasagna Rollup**</u> Corn Fruit/Milk	September 30 Pancake Sausage on Stick Cheeseburger Broccoli Fruit/Milk		<u>**New Items**</u> <u>Breakfast also includes Fruit and Milk</u>

Families Making the Connection

Taste & Learn About Local Produce

North Carolina is fortunate to have a bounty of agricultural products. "Goodness Grows in North Carolina"! You can find locally grown food in grocery stores, roadside stands, and farmers markets as well as restaurants, schools, and early care and education sites across the state.

For National Fruits & Veggies Month in September and Farm to School and Early Care and Education Month in October, plan to participate in the N.C. Crunch, an opportunity to taste and learn about North Carolina grown fruits and veggies. Schools, early care and education centers, organizations, and families can sign up and receive a free guide with tips, templates, and links to resources. Share photos on social media of you tasting and learning about N.C. produce using #NCCrunch. Learn

more and sign up at <https://growing-minds.org/north-carolina-crunch>.

The N.C. Crunch is also an opportunity to recognize all those involved in feeding our youth and communities—farmers, distributors, school nutrition professionals, transportation professionals and more. Let's thank our dedicated #FarmtoSchoolHeroes across the state!