

PAMLICO COUNTY SCHOOLS – GRADES K-5

Breakfast & Lunch Menus – September 2026

DAILY OFFERINGS: **Breakfast:** 100% Fruit Juice, Cereal Bars & Pop-Tarts offered daily. | **Lunch:** PB & J Sandwich offered daily. | **Milk:** 1% White Milk & Fat-Free Chocolate Milk served with all meals.

**Menus are subject to change.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	● SEPT 1 B: WG Banana Bread, Sliced Apples L: Turkey Taco Rice Bowl or Sloppy Joe • Roasted Broccoli • Canned Corn • Fresh Side Salad • Fresh Apple	● SEPT 2 B: Chicken Sausage Biscuit, Peach Cup L: Deli Ham & Cheese Sub or Crispy Chicken Tenders w/ Roll • Glazed Carrots • Seasoned Green Beans • Fresh Cucumber Slices • Spiced Apples	● SEPT 3 B: Egg/Cheese/Turkey Sausage Breakfast Burrito, Fresh Orange Wedges L: Turkey Ham & Cheese Wrap or Italian Pasta Bake w/ Garlic Toast • Sweet Peas • Steamed Frozen Broccoli • Fresh Baby Carrots • Fresh Orange Slices	● SEPT 4 B: WG Glazed Donut Ring, Applesauce Cup L: Classic Cheese or Pepperoni Pizza or Spicy Chicken Sandwich • Waffle Fries • Seasoned Green Beans • Chilled Pear Slices
SEPT 7 SCHOOL CLOSED (Labor Day)	● SEPT 8 B: WG Mini French Toast, Orange Slices L: Beef Nacho Supreme w/ Queso or Soft Turkey Tacos • Canned Corn • Fiesta Black Beans • Fresh Side Salad • Strawberry Cup	● SEPT 9 B: Strawberry Yogurt Parfait w/ WG Granola, Fresh Pear L: Turkey Ham & Cheese Sub or BBQ Pulled Pork Sand. • Glazed Carrots • Seasoned Green Beans • Fresh Cucumber Slices • Pineapple Chunks	● SEPT 10 B: Chicken and Waffle Sandwich, Strawberry Cup L: Baked Spaghetti w/ Meat Sauce & Toast or Grilled Chicken Sandwich • Steamed Frozen Broccoli • Sweet Peas • Fresh Baby Carrots • Fresh Apple	● SEPT 11 B: WG Blueberry Muffin & String Cheese, Petite Banana L: Classic Cheese or Pepperoni Pizza or Fish Sand. w/ Tartar Sauce • Crinkle Cut French Fries • Fresh Side Salad • Veggie Sticks w/ Dip • Assorted Fresh Fruit
● SEPT 14 B: Maple Pancakes w/Turkey Sausage, Fresh Apple Slices L: Hot Ham & Cheese Panini or Cheeseburger on Bun • Seasoned Green Beans • Glazed Carrots • Fresh Celery Sticks • Canned Pear Slices	● SEPT 15 B: WG Chocolate Chip Oatmeal Bar, Fresh Clementine/ Mandarin L: Turkey Taco Salad w/ Tortilla Chips or Chicken Fajita Wrap • Canned Corn • Ranchero Beans • Fresh Side Salad • Fresh Orange	● SEPT 16 B: Egg and Cheese Bagel Sandwich, Dried Raisins L: Turkey Ham Club Sandwich or Popcorn Chicken Basket w/ Roll • Sweet Peas • Cheesy Broccoli • Fresh Cucumber Slices • Spiced Apples	● SEPT 17 B: Cinnamon Roll, Mixed Fruit Cup L: Classic Shepherd's Pie or Teriyaki Chicken w/ Brown Rice • Seasoned Green Beans • Fresh Baby Carrots • Frozen Strawberry Cup	● SEPT 18 B: Breakfast Sausage Pizza L: Classic Cheese or Pepperoni Pizza or Spicy Chicken Tenders w/ Biscuit • Tater Tots • Steamed Frozen Broccoli • Fresh Banana
● SEPT 21 B: WG Waffle Sticks, Fresh Apple L: Bacon Cheeseburger or Crispy Chicken Patty Sand. • Seasoned Green Beans • Glazed Carrots • Fresh Celery Sticks • Chilled Pineapple Chunks	● SEPT 22 B: Egg/Cheese/Turkey Sausage Burrito, Fresh Clementine/ Mandarin L: Soft Turkey Tacos or Cheesy Beef Enchilada Bake • Canned Corn • Fiesta Black Beans • Fresh Side Salad • Spiced Apples	● SEPT 23 B: WG Banana Nut Bread & Yogurt Cup, Peach Cup L: Deli Ham & Cheese Wrap or Mandarin Chicken w/ Fried Rice • Sweet Peas • Steamed Frozen Broccoli • Fresh Cucumber Slices • Assorted Fresh Fruit	● SEPT 24 B: Chicken and Waffle Sandwich, Applesauce Cup L: Turkey Ham Melt on Pretzel Bun or Beef Meatball Marinara Sub • Glazed Carrots • Seasoned Green Beans • Fresh Side Salad • Canned Applesauce	● SEPT 25 B: Warm Apple Cinnamon Bar, Petite Banana L: Classic Cheese or Pepperoni Pizza or Chicken Sandwich • Baked Beans • Cheesy Broccoli • Fresh Side Salad • Dried Raisins
● SEPT 28 B: WG French Toast Sticks, Fresh Apple L: Sloppy Joe on Bun or Chicken Tenders w/ Waffle • Steamed Diced Carrots • Seasoned Green Beans • Fresh Celery Sticks • Spiced Apples	● SEPT 29 B: Ham Egg & Cheese Croissant, Orange L: Turkey Taco Quesadilla or Beef Burrito Bowl • Canned Corn • Black Beans • Fresh Side Salad • Fresh Orange Slices	● SEPT 30 B: Ham Egg & Cheese Croissant, Orange L: Grab & Go Bento Box: PB&J or Turkey Ham & Cheese Sandwich. Baby Carrots & Raisins Optional Sides Offered: 100% Vegetable Juice, Extra Fresh Fruit & Milk		

Nutrition Byte: Taste & Learn About Local Produce!

Did you know you can find North Carolina-grown produce in grocery stores, farmers markets, roadside stands, and schools state-wide? "Goodness Grows in North Carolina"! Celebrate National Fruits & Veggies Month in September and Farm to School Month in October by participating in the N.C. Crunch. It's a fun opportunity for students, families, and organizations to taste and learn about local produce together. Everyone can join in—share your photos on social media using #NCCrunch! Visit <https://growing-minds.org/north-carolina-crunch> to sign up and receive a free guide with tips and resources.

The N.C. Crunch is also a special time to recognize everyone who helps feed our schools and communities—from our farmers and distributors to our dedicated school nutrition and transportation teams. Join us in thanking our hardworking #FarmtoSchoolHeroes across North Carolina!

This institution is an equal opportunity provider. <https://www.dpi.nc.gov/districts-schools/district-operations/school-nutrition>