

PAMLICO COUNTY SCHOOLS – GRADES 6-12

Breakfast & Lunch Menus – September 2026

DAILY OFFERINGS: **Breakfast:** 100% Fruit Juice, Cereal Bowls & 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 - Strawberry Cup - 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 / Peaches	● 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 - Strawberry Cup / 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 - Spiced Apples - Chilled Pear Slices
SEPT 7 SCHOOL CLOSED (Labor Day)	● SEPT 8 B: WG Mini French Toast w/ Syrup, Petite Banana L: Beef Nacho Supreme w/ Queso or Soft Turkey Tacos - Canned Corn - Fiesta Black Beans - Fresh Side Salad - Strawberry Cup / Fresh Apple	● 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 - Sliced Apples/ Pineapple Chunks	● SEPT 10 B: Turkey Bacon, Egg & Cheese English Muffin, Strawberry Cup L: Baked Spaghetti w/ Meat Sauce & Toast or Grilled Chicken Sandwich - Steamed Frozen Broccoli - Sweet Peas - Fresh Baby Carrots - Strawberry Cup / Grapes	● SEPT 11 B: WG Blueberry Muffin & String Cheese, Fresh Orange Slices 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 Sliced Apples/ 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 - Strawberry Cup / 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 / Peach Slices	● 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 - Fresh Apple	● SEPT 18 B: Breakfast Sausage Pizza L: Classic Cheese or Pepperoni Pizza or Spicy Chicken Tenders w/ Biscuit - Tater Tots - Steamed Frozen Broccoli - Canned Sliced Apples - Fresh Banana
● SEPT 21 B: WG Waffle Sticks w/ Syrup, Fresh Apple L: Bacon Cheeseburger or Crispy Chicken Patty Sand. - Seasoned Green Beans - Glazed Carrots - Fresh Celery Sticks - Canned Sliced Apples - Chilled Pineapple Chunks	● SEPT 22 B: Egg & Cheese Hashbrown Burrito, Petite Banana L: Soft Turkey Tacos or Cheesy Beef Enchilada Bake - Canned Corn - Fiesta Black Beans - Fresh Side Salad - Frozen Strawberry Cup - Fresh Orange Slices	● 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 - Applesauce /Mixed Fruit	● SEPT 25 B: Warm Apple Cinnamon Bar, Fresh Clementine/ Mandarin L: Classic Cheese or Pepperoni Pizza or Chicken Sandwich - Baked Beans - Cheesy Broccoli - Fresh Side Salad - Raisels - Applesauce Cup
● 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 / Strawberry Cup	● SEPT 29 B: Ham Egg & Cheese Croissant, Orange L: Turkey Taco Quesadilla or Beef Burrito Bowl - Canned Corn - Black Beans - Fresh Side Salad - Applesauce Cup / Fresh Orange	● SEPT 30 B: Warm Dutch Waffle, Applesauce Cup 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>