North Carolina CRUNCH

Hoke County Breakfast Menus for September 2026 Middle

Monday	Tuesday	Wednesday	Thursday	Friday
	September 1 Apple Strudel Stick Assorted Cereals Diced Peaches Assorted Juice Lowfat or Fat Free Milk	**September 2** Dunkin Stix Assorted Cereals Mandarin Oranges Assorted Juice Lowfat or Fat Free Milk	**September 3** Sausage Biscuit Assorted Cereals Strawberry Applesauce Cup Assorted Juice Lowfat or Fat Free Milk	**September 4** Breakfast Pizza Assorted Cereals Diced Pears Assorted Juice Lowfat or Fat Free Milk
September 7 	**September 8** Maple Pancake Minis Assorted Cereals Diced Peaches Assorted Juice Lowfat or Fat Free Milk	**September 9** Super Donuts Assorted Cereals Mandarin Oranges Assorted Juice Lowfat or Fat Free Milk	**September 10** Chicken Biscuit Assorted Cereals Strawberry Applesauce Cup Assorted Juice Lowfat or Fat Free Milk	**September 11** Blueberry Donut Holes Assorted Cereals Diced Pears Assorted Juice Lowfat or Fat Free Milk
September 14 Super Cruller Assorted Cereals Applesauce Cup Assorted Juice Lowfat or Fat Free Milk	**September 15** Cherry Strudel Stick Assorted Cereals Diced Peaches Assorted Juice Lowfat or Fat Free Milk	**September 16** Chocolate Chip Muffin Assorted Cereals Mandarin Oranges Assorted Juice Lowfat or Fat Free Milk	**September 17** Powder Donut Holes Assorted Cereals Strawberry Applesauce Cup Assorted Juice Lowfat or Fat Free Milk	**September 18** Cinnamon Roll Assorted Cereals Diced Pears Assorted Juice Lowfat or Fat Free Milk
September 21 Breakfast Bagel Assorted Cereals Applesauce Cup Assorted Juice Lowfat or Fat Free Milk	**September 22** Apple Strudel Stick Assorted Cereals Diced Peaches Assorted Juice Lowfat or Fat Free Milk	**September 23** Dunkin Stix Assorted Cereals Mandarin Oranges Assorted Juice Lowfat or Fat Free Milk	**September 24** Sausage Biscuit Assorted Cereals Strawberry Applesauce Cup Assorted Juice Lowfat or Fat Free Milk	**September 25** Breakfast Pizza Assorted Cereals Diced Pears Assorted Juice Lowfat or Fat Free Milk
September 28 French Toast Sticks Assorted Cereals Applesauce Cup Assorted Juice Lowfat or Fat Free Milk	**September 29** Maple Pancake Minis Assorted Cereals Diced Peaches Assorted Juice Lowfat or Fat Free Milk	**September 30** Super Donuts Assorted Cereals Mandarin Oranges Assorted Juice Lowfat or Fat Free Milk		

Nutrition Byte

Taste & Learn About Local Produce

Did you know you can find North Carolina-grown products in in grocery stores, farmers markets, roadside stands, and schools across the state? “Goodness Grows in North Carolina”!

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. The N.C. Crunch is an opportunity for youth and adults to taste and learn about North Carolina-grown fruits and veggies with their schools, early care and education centers, organizations, and families. Everyone can participate! Share photos on social media of you tasting and learning about N.C. produce using #NCCrunch. **Nutrilink:** Learn more and sign up at https://growing-minds.org/north-carolina-crunch. Receive a free guide with tips, templates, and links to resources.

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!

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

North Carolina CRUNCH

Hoke County Lunch Menus for September 2026

Middle

Monday	Tuesday	Wednesday	Thursday	Friday
	September 1 Soft Shell Beef Taco Chef Salad w/ Grilled Chicken Fillet & Tortilla Shell Wedge Cheese Pizza Black Beans Buttered Corn Mixed Fruit Lowfat or Fat Free Milk	**September 2** Oven Roasted Chicken Deep Dish Cheese Pizza Black Bean Burger on Bun Green Beans Candied Yams Spiced Apple Sauce Dinner Roll Lowfat or Fat Free Milk	**September 3** Spaghetti **NC Ground Beef Meatsauce** Chef Salad Salad w/ Boiled Egg Cheesy Bites w/ Marinara Steamed Broccoli Glazed Carrots Peach Cup Cheesy Bites Low-fat or Fat-Free Milk	**September 4** Sloppy Joe on Bun Hot Dog On Bun Deep Dish Pepperoni Pizza Baked Beans Seasoned Cheesy French Fries Mixed Berry Cup Low-fat or Fat Free Milk
September 7 	**September 8** Chicken Fajita on Soft Shell Chef Salad w/ Grilled Chicken Fillet w/Dinner Roll Fiestada Pizza Buttered Corn Black Beans Mixed Fruit Lowfat or Fat Free Milk	**September 9** Oven Roasted Chicken 6' Round Cheese Pizza Black Bean Burger Steamed Broccoli Mashed Potatoes Diced Pears Dinner Roll Lowfat or Fat Free Milk	**September 10** General Tso's Chicken Chef Salad w/ Boiled Egg Deep Dish Pepperoni Pizza Stir Fry Vegetables Glazed Carrots Vegetable Fried Rice Diced Peaches Garlic Knot Lowfat or Fat Free Milk	**September 11** Cheese Pocket w/ Marinara Grilled Chicken Wrap Retro Cheese Pizza Seasoned Sweet Potato Fries Baked Beans Mixed Berry Cup Lowfat or Fat Free Milk
September 14 Chicken Tenders French Bread Cheese Pizza Meatball Sub Steamed Broccoli Mashed Potatoes Mixed Fruit Dinner Roll Low-fat or Fat-Free Milk	**September 15** Chicken Quesadilla Chef Salad w/ Boiled Egg w/ Garlic Knot Deep Dish Pepperoni Pizza Glazed Carrots Pinto Beans ***NC Fresh Apple Slices** Low-fat or Fat-Free Milk	**September 16** Beefy Nachos Chicken Quesadilla 6" Round Pepperoni Pizza ***NC Fresh Squash and Zucchini** Buttered Corn Salsa ***NC Fresh Asian Pears** Lowfat or Fat Free Milk	**September 17** Hamburger Steak w/ Gravy Chef Salad w/ Grilled Chicken Fillet Deep Dish Pepperoni Pizza Steamed Green Beans Candied Yams ***NC Heirloom Steamed Rice** *** NC Watermelon and Cantaloupe** Dinner Rolls Low-fat or Fat-Free Milk	**September 18** Hot Dog on Bun Retro Cheese Pizza Grilled Chicken Wrap Seasoned Sweet Potato Fries Baked Beans ***NC Fresh Peaches** Lowfat or Fat Free Milk
September 21 Chicken Nuggets Deep Dish Cheese Pizza Pork Riblet on Bun Steamed Broccoli Mashed Potatoes ***NC Fresh Apples** Garlic Knot Lowfat or Fat Free Milk	**September 22** Soft Shell Beef Taco Chef Salad w/ Grilled Chick Fillet Chicken Quesadilla Buttered Corn Black Beans Diced Tomatoes Shredded Lettuce Shredded Cheese, Salsa Mixed Fruit Breadstick Low-fat or Fat-Free Milk	**September 23** Mandarin Orange Chicken Deep Dish Pepperoni Pizza Black Bean Burger on Bun Green Beans Candied Yams ***NC Heirloom Rice** Mandarin Oranges Dinner Roll Lowfat or Fat Free Milk	**September 24** Asian Zing Meatballs Turkey Taco Chef Salad w/ Tortilla Chips Honey Sriracha Boneless Wings Stir Fry Vegetables Sweet Potato Fries ***NC Heirloom Rice** Diced Pears Breadstick Low-fat or Fat-Free Milk	**September 25** Cheeseburger On Bun 6" Round Cheese Pizza Hot Dog On Bun Baked Beans Seasoned French Fries Peach Cup Low-Fat or Fat- Free Milk
September 28 Popcorn Chicken Pork Riblet on Bun Deep Dish Cheese Pizza Steamed Broccoli Buttered Corn ***NC Fresh Asian Pears** Dinner Roll Lowfat or Fat Free Milk	**September 29** Soft Shell Beef Taco Chef Salad w/ Grilled Chicken Fillet & Tortilla Shell Wedge Cheese Pizza Black Beans Buttered Corn ***NC Fresh Watermelon and Cantaloupe** Lowfat or Fat Free Milk	**September 30** Oven Roasted Chicken Deep Dish Cheese Pizza Black Bean Burger on Bun ***NC Fresh Squash and Zucchini** Candied Yams ***NC Fresh Apple Slices** Dinner Roll Lowfat or Fat Free Milk		

UPDATED 8/31/2026