



Hertford County Public Schools PreK Menu for October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
*Breakfast also includes fruit and milk.			October 1 Muffin Hot Ham & Cheese Sandwich Potato Smiles ☺ Fruit/Milk	October 2 Banana Bread Pizza Corn Fruit/Milk
October 5 French Toast Sticks Chicken Fillet Sandwich Broccoli Fruit/Milk	October 6 Sausage Biscuit Walking Taco w/flour tortilla Side Salad/Shredded Cheese Fruit/Milk	October 7 Cereal Grilled Cheese Sandwich Sweet Potato Fries Fruit/Milk	October 8 Muffin Oven Roasted Chicken Candied Yams/Roll Collards Fruit/Milk	October 9 Apple Strudel Fiestada Taco Pizza Corn Fruit/Milk
October 12 Cereal Mandarin Orange Chicken Fried Rice Broccoli Fruit/Milk	October 13 Sausage Biscuit Chicken chunks/breadstick French Fries Fruit/Milk	October 14 Teacher Workday No School	October 15 Muffin Mozzarella Sticks w/marinara Baby Lima Beans Fruit/Milk	October 16 Banana Bread Pizza Quesadilla Corn Fruit/Milk
October 19 French Toast Sticks Chicken Chunks/Roll Mashed Potatoes Fruit/Milk	October 20 Sausage Biscuit Chicken Fajita w/tortilla Corn Fruit/Milk	October 21 Cereal Cheeseburger Broccoli Fruit/Milk	October 22 Muffin Turkey & Cheese on Croissant Tater Tots Fruit/Milk	October 23 Teacher Workday No School
October 26 Cereal Chicken Fillet Sandwich French Fries BroFruit/Milk	October 27 Sausage Biscuit Walking Taco w/flour tortilla Side Salad/Shredded Cheese Fruit/Milk	October 28 Pancake/Sausage Grilled Cheese Sandwich Sweet Potato Fries Fruit/Milk	October 29 Muffin Hamburger Steak w/gravy Candied Yams/Roll Fresh NC Farm to School Collards Fruit/Milk	October 30 <i>Early Release</i> Banana Bread Pizza Corn Fruit/Milk

Families Making the Connection

School Lunch Takes Center Stage

Step right up to celebrate National School Lunch Week October 12-16! The #NSLW2026 theme is “Cafeteria Circus”, which offers an opportunity to both highlight how nutrition should take center stage for students and recognize our talented School Nutrition professionals who keep the show going each day with school lunch. Students can explore a world of flavors and foods under the big top in their school café to help them succeed in and out of the classroom.

School lunch offers students choices of whole grains, fruits, vegetables, lean proteins, and milk to fuel their day. Students who eat school meals have more focus in class and better

test scores. During NSLW, School Nutrition professionals, school staff and students will find ways to celebrate with their schools and districts through special menus, events, activities, and more. The 2026 NSLW theme allows schools to have fun, be creative, and highlight school meals and their local School Nutrition Programs.

For #NSLW2026 and all month, let’s recognize our amazing, dedicated #NCSchoolNutritionHeroes for providing appealing, nutritious meals with a kind word, thank you note, social media post, etc. For more info about school meals and NSLW, go to www.schoolnutrition.org.