



Hertford County Public Schools Breakfast Menus for October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			October 1 Super Donut Fruit Juice Milk	October 2 Banana Bread Fruit Juice Milk
October 5 French Toast Sticks Fruit Juice Milk	October 6 Sausage Biscuit Fruit Juice Milk	October 7 Glazed Cinnamon Bun Fruit Juice Milk	October 8 Super Donut Fruit Juice Milk	October 9 Apple Strudel Fruit Juice Milk
October 12 Assorted Cereal/Pop Tart Fruit Juice Milk	October 13 Sausage Biscuit Fruit Juice Milk	October 14 Teacher Workday No School	October 15 Super Donut Fruit Juice Milk	October 16 Banana Bread Fruit Juice Milk
October 19 French Toast Sticks Fruit Juice Milk	October 20 Sausage Biscuit Fruit Juice Milk	October 21 Glazed Cinnamon Bun Fruit Juice Milk	October 22 Super Donut Fruit Juice Milk	October 23 Teacher Workday No School
October 26 Assorted Cereal/Pop Tart Fruit Juice Milk	October 27 Sausage Biscuit Fruit Juice Milk	October 28 Pancake/Sausage Stick Fruit Juice Milk	October 29 Super Donut Fruit Juice Milk	October 30 <i>Early Release</i> Manager's Choice Fruit Juice 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.