K-8 Menus for October 2026

Pitt County Schools

This institution is an equal opportunity provider.

Thursday, October 1

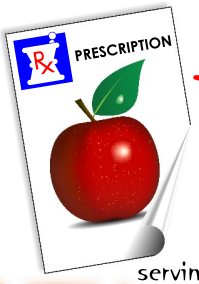
Breakfast
Mini French Toast
Diced Pears

Lunch
Chicken Chunks
Teriyaki Beef
Dippers
Breadstick
Collards
Sweet Potato
Fries
Froot Jooce

Friday, October 2

Breakfast
Super Donut
Tropical Raisels

Lunch
Pepperoni or
Cheese Pizza
Chicken Wings
w/ Brown Rice
California Blend
w/ Cheese
Green Beans
Strawberry
Applesauce



JUST WHAT THE DOCTOR ORDERED.

Experts urge that we eat 5-9 servings of fruits and vegetables every day – and a growing number of American doctors are putting that advice in writing by actually prescribing fruits and vegetables for their patients.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, October 5

Breakfast
Banana or
Berry Bread
Applesauce

Lunch
Churro Bites
Scrambled Eggs &
Turkey Sausage
Grilled Cheese
Sandwich
Deli Roasted Potatoes
Mixed Vegetables
Banana

Tuesday, October 6

Breakfast
Chicken & Waffle
Sandwich
Fresh Apple

Lunch
Hamburger or
Veggie Burger
Pork Barbeque
w/ Corn Muffin
Sweet Potato Souffle
Texas Beans
Strawberry Cup

Wednesday, October 7

Breakfast
Blueberry or
Banana Muffin
Craisins

Lunch
Chicken Filet
Sandwich
Mini Corn Dogs
French Fries
Collards
Peach Cup

Thursday, October 8

Breakfast
Turkey Ham &
Cheese Croissant
Fresh Orange

Lunch
Beefaroni
w/ Breadstick
Chicken Chunks
w/ Roll
Green Beans
Mashed Potatoes
Fresh Apple

Friday, October 9

Breakfast
Strawberry
Mini Bagels
Tropical Raisels

Lunch
Pepperoni or
Cheese Pizza
Chicken Quesadilla
Corn
Baby Carrots
Applesauce

Offered Daily

- Fresh Salads
- Wraps
- Sandwiches
- Protein Bento Boxes

Offered Daily on a Rotating Basis

Monday, October 12

NO SCHOOL

Tuesday, October 13

Breakfast
Chicken Sausage
Biscuit
Fresh Apple

Lunch
Beef Fiestada
Pizza
Mini Corn Dogs
French Fries
Collards
Pineapple Tidbits

Wednesday, October 14

Breakfast
Mini Cinnis
Craisins

Lunch
Beef Hotdog
Hamburger or
Veggie Burger
Sweet Potato Fries
Baked Beans
Fresh Apple

Thursday, October 15

Breakfast
Mini Berry
Pancake
Fresh Orange

Lunch
Baked Spaghetti
w/ Breadstick
Chicken Chunks
w/ Waffle
California Blend
Cucumber Slices
Peach Cup

Friday, October 16

Breakfast
Chocolate Mini
Donut Holes
Tropical Raisels

Lunch
Pepperoni or
Cheese Pizza
Pork Barbeque
w/ Hushpuppies Boat
Glazed Carrots
Green Beans
Strawberry Cup

CAFETERIA CIRCUS

NATIONAL SCHOOL LUNCH WEEK
OCT 12TH-16TH *2026

Celebrate North Carolina Crunch Day With Us on Wednesday, October 21st!

Monday, October 19	Tuesday, October 20	Wednesday, October 21	Thursday, October 22	Friday, October 23
Breakfast Strawberry Mini Bagels Applesauce **Lunch** Meatballs in Gravy w/ Brown Rice Cheesy Lasagna Roll Up w/ Roll Steamed Broccoli Mashed Potatoes Banana	**Breakfast** Blueberry Belgian Waffle Banana **Lunch** Scoopin Tacos w/ Tostito Rounds Chicken Quesadilla Salsa Corn Fiesta Beans Strawberry Cup	**Breakfast** Egg & Cheese Omelette Craisins **Lunch** General Tso's Chicken w/ Woodles or Brown Rice Cheese Stix w/ Marinara Sauce Oriental Vegetables Fresh Apple	**Breakfast** Mini French Toast Fresh Orange **Lunch** Chicken Chunks w/ Breadstick Beef Hotdog French Fries Glazed Carrots Froot Jooce	**Breakfast** Super Donut Tropical Raisels **Lunch** Pepperoni or Cheese Pizza Chicken Wings w/ Brown Rice California Blend w/ Cheese Green Beans Strawberry Applesauce
Monday, October 26	**Tuesday, October 27**	**Wednesday, October 28**	**Thursday, October 29**	**Friday, October 30**
Breakfast Banana or Berry Bread Applesauce **Lunch** Churro Bites Scrambled Eggs & Turkey Sausage Grilled Cheese Sandwich Deli Roasted Potatoes Mixed Vegetables Banana	**Breakfast** Blueberry or Banana Muffin Craisins **Lunch** Hamburger or Veggie Burger Pork Barbeque w/ Corn Muffin Sweet Potato Souffle Texas Beans Grapes	**Breakfast** Chicken & Waffle Sandwich Fresh Apple **Lunch** Chicken Filet Sandwich Mini Corn Dogs French Fries Collards Strawberry Cup	**Breakfast** Turkey Ham & Cheese Croissant Fresh Orange **Lunch** Beefaroni w/ Breadstick Chicken Chunks w/ Waffle Green Beans Mashed Potatoes Peach Cup	**Breakfast** Strawberry Mini Bagels Tropical Raisels **Lunch** Stuffed Pepperoni Sandwich Turkey & Cheese Anytimer Marinara Sauce Mango Punch Pouch Applesauce

Available Daily

Breakfast

100% Fruit Juice, Milk

Lunch

Fresh Fruit or Vegetable, Milk

YOU'RE GOOD

ALL STUDENTS EAT ALL MEALS @ NO COST AGAIN THIS YEAR

Pitt County Schools

Check Our Site!

For more information on nutritionals, carb counts, and answers to FAQ's please visit www.pitt.k12.nc.us/Page/85

Happy Halloween!