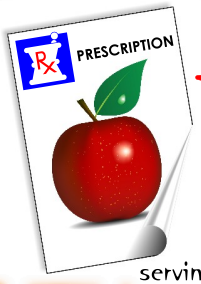
9-12 Menus for October 2026

Pitt County Schools

This institution is an equal opportunity provider.

Thursday, October 1	Friday, October 2
Breakfast Mini French Toast Diced Pears **Lunch** Chicken Chunks Teriyaki Beef Dippers Roll Collards Sweet Potato Souffle Craisins Froot Jooce	**Breakfast** Super Donut Tropical Raisels **Lunch** Pepperoni or Cheese Pizza Pork Rib Sandwich French Fries California Blend w/ Cheese Sauce 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	Tuesday, October 6	Wednesday, October 7	Thursday, October 8	Friday, October 9
Breakfast Banana or Berry Bread Applesauce **Lunch** Hamburger or Veggie Burger Baked Mozzarella Sticks Marinara Sauce Corn French Fries Banana	**Breakfast** Chicken & Waffle Sandwich Fresh Apple **Lunch** Popcorn Chicken w/ Roll Cheese Pizza Turkey Kielbasa on Roll Sweet Potato Fries Collards Strawberry Cup	**Breakfast** Blueberry or Banana Muffin Craisins **Lunch** Chicken Chunks w/ Biscuit Meatballs in Gravy w/ Brown Rice Mashed Potatoes Green Beans Peach Cup	**Breakfast** Turkey Ham & Cheese Croissant Fresh Orange **Lunch** Beefaroni w/ Breadstick Mini Corn Dogs Cucumber Slices Baked Beans Spiced Apples	**Breakfast** Strawberry Mini Bagels Tropical Raisels **Lunch** Pepperoni or Cheese Pizza Chicken Wings w/ Brown Rice Glazed Carrots Broccoli w/ Cheese Sauce Applesauce

Offered Daily

- Fresh Salads
- Wraps
- Sandwiches
- Protein Bento Boxes

Offered Daily on a Rotating Basis

Monday, October 12	Tuesday, October 13	Wednesday, October 14	Thursday, October 15	Friday, October 16
NO SCHOOL	**Breakfast** Chicken Sausage Biscuit Fresh Apple **Lunch** Beef Fiestada Pizza Mini Corn Dogs French Fries Collards Pineapple Tidbits	**Breakfast** Mini Cinnis Craisins **Lunch** Beef Hotdog Hamburger or Veggie Burger Sweet Potato Fries Baked Beans Fresh Apple	**Breakfast** Mini Berry Pancake Fresh Orange **Lunch** Baked Spaghetti w/ Breadstick Chicken Chunks w/ Waffle California Blend w/ Cheese Sauce Cucumber Slices Peach Cup	**Breakfast** Chocolate Mini Donut Holes Tropical Raisels **Lunch** Pepperoni or Cheese Pizza Pork Barbeque w/ Hushpuppies Boat Green Beans Glazed Carrots 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** Chicken Filet Sandwich Cheesy Lasagna Roll Up w/ Roll Green Beans Baby Carrots 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 Beef Hotdog Oriental Vegetables Baked Beans Fresh Apple	**Breakfast** Mini French Toast Fresh Orange **Lunch** Chicken Chunks w/ Roll Cheese Stix Marinara Sauce Cucumber Slices Sweet Potato Souffle Craisins Froot Jooce	**Breakfast** Super Donut Tropical Raisels **Lunch** Pepperoni or Cheese Pizza Pork Rib Sandwich French Fries Collards Strawberry Applesauce
Monday, October 26	**Tuesday, October 27**	**Wednesday, October 28**	**Thursday, October 29**	**Friday, October 30**
Breakfast Banana or Berry Bread Applesauce **Lunch** Hamburger or Veggie Burger Baked Mozzarella Sticks Marinara Sauce Corn French Fries Banana	**Breakfast** Chicken & Waffle Sandwich Fresh Apple **Lunch** Chicken Filet Sandwich Cheese Pizza Beef Hotdog Sweet Potato Fries Collards Grapes	**Breakfast** Blueberry or Banana Muffin Craisins **Lunch** Chicken Chunks w/ Waffle Meatballs in Gravy w/ Brown Rice Mashed Potatoes Green Beans Strawberry Cup	**Breakfast** Turkey Ham & Cheese Croissant Fresh Orange **Lunch** Beefaroni w/ Breadstick Mini Corn Dogs Cucumber Slices Baked Beans Peach Cup	**Breakfast** Strawberry Mini Bagels Tropical Raisels **Lunch** Stuffed Pepperoni Sandwich Turkey & Cheese Anytimer Marinara Sauce Mango Punch Pouch Baby Carrots Applesauce

Available Daily

Breakfast

100% Fruit Juice, Milk

Lunch

Fresh Fruit or Vegetable,
100% Fruit Juice, 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!