



Pamlico County Middle & High School Breakfast Menu- October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Daily Breakfast Favorites Daily Options: Whole Grain Cereal Bowls & Assorted Pop-Tarts <i>Menus are subject to change based on product availability.</i>			October 1 Chicken & Waffle Sandwich 100% Fruit Juice Applesauce Cup Low-fat White or Fat Free Chocolate Milk	October 2 Chocolate Chip Muffin 100% Fruit Juice Raisins Low-fat White or Fat Free Chocolate Milk
October 5 Apple Strudels 100% Fruit Juice Crisp Apple Slices Low-fat White or Fat Free Chocolate Milk	October 6 WG Glazed Donuts 100% Fruit Juice Raisins Low-fat White or Fat Free Chocolate Milk	October 7 WG Blueberry Muffin 100% Fruit Juice Mixed Fruit Cup Low-fat White or Fat Free Chocolate Milk	October 8 French Toast Sticks with Syrup 100% Fruit Juice Applesauce Cup Low-fat White or Fat Free Chocolate Milk	October 9 Turkey Sausage Biscuit 100% Fruit Juice Fresh Banana Low-fat White or Fat Free Chocolate Milk
October 12 Pumpkin Sliced Bread 100% Fruit Juice Crisp Apple Slices Low-fat White or Fat Free Chocolate Milk	October 13 Turkey Ham & Cheese Croissant 100% Fruit Juice Fresh Clementine Low-fat White or Fat Free Chocolate Milk	October 14 French Toast Sticks/Syrup 100% Fruit Juice Sweet Raisins Low-fat White or Fat Free Chocolate Milk	October 15 Chicken Sausage Biscuit 100% Fruit Juice Mixed Fruit Cup Low-fat White or Fat Free Chocolate Milk	October 16 NO SCHOOL — Teacher Workday
October 19 Cinnamon Roll with Glaze 100% Fruit Juice Crisp Apple Slices Low-fat White or Fat Free Chocolate Milk	October 20 Chicken Sausage Biscuit 100% Fruit Juice Diced Pear Cup Low-fat White or Fat Free Chocolate Milk	October 21 WG Blueberry Muffin 100% Fruit Juice Mixed Fruit Cup Low-fat White or Fat Free Chocolate Milk	October 22 Mini Powdered Sugar Donuts 100% Fruit Juice Applesauce Cup Low-fat White or Fat Free Chocolate Milk	October 23 Breakfast Pizza Bagel 100% Fruit Juice Sweet Raisins Low-fat White or Fat Free Chocolate Milk
October 26 Apple Strudels 100% Fruit Juice Fresh Apple Slices Low-fat White or Fat Free Chocolate Milk	October 27 Chicken & Waffle Sandwich 100% Fruit Juice Sweet Raisins Low-fat White or Fat Free Chocolate Milk	October 28 Spiced Apple Cinnamon Texas Toast 100% Fruit Juice Peach Cup Low-fat White or Fat Free Chocolate Milk	October 29 Turkey Ham & Cheese Croissant 100% Fruit Juice Applesauce Cup Low-fat White or Fat Free Chocolate Milk	October 30 Mini Mixed Berry Waffles 100% Fruit Juice Fresh Whole Banana Low-fat White or Fat Free Chocolate 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.



Pamlico County Middle & High School Lunch Menu- October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Daily Lunch Favorites Daily Alternative: PB&J Uncrustable Sandwich <i>Menus are subject to change based on product availability.</i>			October 1 Chicken Filet Sandwich Uncrustable PB&J Sandwich Baby Carrots with Dip Cheesy Broccoli Chilled Applesauce Fruity Cocktail Low-fat white or Fat Free Chocolate Milk	October 2 Chef's Special Pizza Day Tossed Side Salad French Fries Crisp Fresh Apple Sliced Pears Low-fat white or Fat Free Chocolate Milk
October 5 Orange Chicken over Fried Rice Chicken Wrap Steamed Broccoli Florets Sweet Glazed Carrots Fresh Oranges Warm Spiced Apples Low-fat white or Fat Free Chocolate Milk	October 6 Meatballs Marinara Sub Hot Dog on a Bun Sweet Green Peas Tossed Side Salad Fresh Seedless Grapes Chilled Applesauce Low-fat white or Fat Free Chocolate Milk	October 7 Chicken Tenders/ Warm Biscuit Corn Dog Nuggets Mashed Potatoes w/ Gravy Seasoned Green Beans Chilled Pineapple Chunks Raisins Low-fat white or Fat Free Chocolate Milk	October 8 Cheese Beef Nachos/ Jalapenos Soft Turkey Tacos Salsa Cup Fiesta Black Beans Spiced Apples Pineapple Tidbits Low-fat white or Fat Free Chocolate Milk	October 9 Chef's Special Pizza Day Baby Carrots with Dip Golden Tater Tots Crisp Apple Slices Sliced Pears Low-fat white or Fat Free Chocolate Milk
October 12 Chicken Tenders/ Rice Turkey Wrap Baby Carrots with Dip Sweet Corn on the Cob Sweet Peach Slices Fresh Seedless Grapes Low-fat white or Fat Free Chocolate Milk	October 13 Turkey Taco Salad Bowl Corn Dog Nuggets Shredded Romaine Lettuce Salsa Cup Fresh Orange Sliced Pears Low-fat white or Fat Free Chocolate Milk	October 14 BBQ Chicken Pork BBQ Hush Puppies Baked Beans Creamy Coleslaw Applesauce Cup Watermelon Sour Raisins Low-fat white or Fat Free Chocolate Milk	October 15 Chef's Special Pizza Day Garlic Roasted Broccoli Waffle Fries Chilled Pineapple Tidbits Warm Spiced Apples Low-fat white or Fat Free Chocolate Milk	October 16 NO SCHOOL — Teacher Workday
October 19 Chicken Wings/ Rice Turkey Wrap Baby Carrots with Dip Sweet Corn on the Cob Chilled Peach Slices Fresh Banana Low-fat white or Fat Free Chocolate Milk	October 20 Cheeseburger with Pickles Uncrustable PB&J Sandwich Steamed Broccoli Florets Sweet Glazed Carrots Chilled Applesauce Cup Fruit Cocktail Low-fat white or Fat Free Chocolate Milk	October 21 Oven Roasted Chicken/ Warm Dinner Roll Corn Dog Nuggets Mashed Potatoes w/ Gravy Baked Beans Chilled Pineapple Tidbits Strawberry Sour Raisins Low-fat white or Fat Free Chocolate Milk	October 22 Cheese Beef Nachos/ Jalapenos Soft Turkey Tacos Salsa Cup Fiesta Black Beans Fresh Orange Sliced Pears Low-fat white or Fat Free Chocolate Milk	October 23 Chef's Special Pizza Day Tossed Side Salad French Fries Warm Spiced Apples Raisins Low-fat white or Fat Free Chocolate Milk
October 26 Teriyaki Bites over Chow Mein Noodles Turkey Subs Steamed Broccoli Florets Sweet Glazed Carrots Pineapple Tidbits Crispy Apple Slices Low-fat white or Fat Free Chocolate Milk	October 27 Italian Spaghetti with Garlic Breadstick Hot Dog on a Bun Tossed Garden Salad Seasoned Green Beans Fresh Seedless Grapes Raisins Low-fat white or Fat Free Chocolate Milk	October 28 Chicken Filet Sandwich Uncrustable PB&J Sandwich Seasoned Corn Seasoned Green Beans Chilled Peach Slices Applesauce Cup Low-fat white or Fat Free Chocolate Milk	October 29 Turkey Rice Bowl Corn Dog Nuggets Salsa Cup Fiesta Black Beans Fruit Cocktail Fresh Orange Low-fat white or Fat Free Chocolate Milk	October 30 Chef's Special Pizza Day Baby Carrots w/ Dip Golden Tater Tots Apple Crisp Strawberry Sour Raisins Low-fat white or Fat Free Chocolate Milk

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