Pamlico County Schools Grades 6–12 Breakfast Menu | November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
November 2 Apple Strudel 100% Fruit Juice Raisins Low-fat White or Fat Free Chocolate Milk	**November 3** Breakfast Burrito 100% Fruit Juice Peach Cup Low-fat White or Fat Free Chocolate Milk	**November 4** Pop Tart 100% Fruit Juice Strawberry- Flavored Dry Cranberries Low-fat White or Fat Free Chocolate Milk	**November 5** Sausage Biscuit 100% Fruit Juice Applesauce Cup Low-fat White or Fat Free Chocolate Milk	**November 6** French Toast Stick/ Syrup 100% Fruit Juice Fresh Banana Low-fat White or Fat Free Chocolate Milk
November 9 Donut 100% Fruit Juice Raisins Low-fat White or Fat Free Chocolate Milk	**November 10** Pancake Sausage on Stick / Syrup 100% Fruit Juice Applesauce Cup Low-fat White or Fat Free Chocolate Milk	**November 11** **NO SCHOOL — Veterans Day Holiday** 	**November 12** Pop Tart 100% Fruit Juice Raspberry-Lemon Dried Cranberries Low-fat White or Fat Free Chocolate Milk	**November 13** Sausage Biscuit 100% Fruit Juice Fresh Banana Low-fat White or Fat Free Chocolate Milk
November 16 Pumkin Bread 100% Fruit Juice Raisins Low-fat White or Fat Free Chocolate Milk	**November 17** Turkey Ham & Cheese Croissant 100% Fruit Juice Peach Cup Low-fat White or Fat Free Chocolate Milk	**November 18** Muffin 100% Fruit Juice Strawberry- Flavored Dry Cranberries Low-fat White or Fat Free Chocolate Milk	**November 19** Sausage Biscuit 100% Fruit Juice Applesauce Cup Low-fat White or Fat Free Chocolate Milk	**November 20** Bagel 100% Fruit Juice Fresh Banana Low-fat White or Fat Free Chocolate Milk
November 23 **NO SCHOOL** — Optional Workday	**November 24** **NO SCHOOL** — Optional Workday	**November 25** **NO SCHOOL** — Optional Workday	**November 26**	**November 27**
November 30 Breakfast Oatmeal Bun 100% Fruit Juice Raisins Low-fat White or Fat Free Chocolate Milk				

Daily Breakfast Favorites

- **Daily Options:** Whole Grain Cereal Bowls & Assorted Pop-Tarts

Menus are subject to change based on product availability.

Families Making the Connection

Celebrate #NCFarmers from the Mountains to the Sea!

In 2023, the North Carolina General Assembly established the N.C. Farmers Appreciation Day in November as an opportunity to thank all our farmers and farm families. The third inaugural event is November 5, 2026.

North Carolina is rich in agriculture from the mountains to the sea. The farmers that produce food, fiber, and fuel in our state do so with heart and pride. Learn more and find resources to celebrate our farmers and all they produce at https://www.ncfarmerappreciation.com. Recognize and thank #NCFarmers on social media using #NCFarmersAppreciationDay and #FromMountainstoSea. Tag @NCFarmersAppreciationDay.

Did you know?

- Agriculture is North Carolina's #1 industry with an economic impact of over $100 billion dollars annually.
- There are 74,062 farmers and 46,000 farms in the state. 1,827 are centennial farms and 27 are bicentennial.
- N.C. ranks 3rd for agriculture diversity and is a top producer of sweetpotatoes, cucumbers, eggs, poultry, pork, and more.
- Most North Carolina schools participate in farm to school activities and serve locally grown foods in school meals.

Learn more at https://www.ncfb.org/ag-in-the-classroom, https://gottobenc.com, and https://ncfarmtoschool.com.

USDA is an equal opportunity provider, employer, and lender.
https://go.ncdpi.gov/ncschoolmeals

Pamlico County Schools Grades 6-12 Lunch Menu| November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
November 2 Sloopy Joe Chicken Fajita Wrap Steamed Broccoli Florets Sweet Glazed Carrots Sliced Pears Warm Spiced Apples Low-fat white or Fat Free Chocolate Milk	**November 3** Chicken Filet Sandwich Uncrustable PB&J Sandwich Seasoned Green Beans Corn on the Cob Pineapple Tidbits Sliced Peaches Low-fat white or Fat Free Chocolate Milk	**November 4** BBQ Chicken/Rice Mini Corn Dog Nuggets Baked Beans Coleslaw Fruit Cocktail Dry Cranberries Low-fat white or Fat Free Chocolate Milk	**November 5** Cheese Beef Nachos Beef Tacos Salsa Cup Fiesta Black Beans Applesauce Cup Raisins Low-fat white or Fat Free Chocolate Milk	**November 6** Classic Cheese Pizza Pepperoni Pizza Tossed Salad Seasoned Curly Fries Fresh Grapes Watermelon Sour Raisins Low-fat white or Fat Free Chocolate Milk
November 9 Chicken Tenders/ Rice Chili Hot Dogs Seasoned Pinto Beans Sweet Glazed Carrots Sliced Pears Raisins Low-fat white or Fat Free Chocolate Milk	**November 10** Cheeseburgers with Pickels Uncrustable PB&J Sandwich French Fries Cheesy Broccoli Pineapple Tidbits Watermelon Sour Raisins Low-fat white or Fat Free Chocolate Milk	**November 11** **NO SCHOOL — Veterans Day Holiday** 	**November 12** Walking Taco Mini Corn Dog Nuggets Salsa Cup Ranchero Beans Applesauce Cup Strawberry-Flavored Dry Cranberries Low-fat white or Fat Free Chocolate Milk	**November 13** Classic Cheese Pizza Stuffed Crust Pepperoni Pizza Tossed Salad Waffle Fries Fresh sliced Apples Mixed Fruit Cup Low-fat white or Fat Free Chocolate Milk
November 16 Chicken Wings/ Rice Chili Hot Dogs Baked Beans Sweet Glazed Carrots Applesauce Cup Raisins Low-fat white or Fat Free Chocolate Milk	**November 17** Italian Spaghetti with Garlic Breadstick Mozzarella Sticks Cheesy Broccoli Seasoned Green Beans Pineapple Tidbits Dry Cranberries Low-fat white or Fat Free Chocolate Milk	**November 18** Beef Taco Salad Bowl Uncrustable PB&J Sandwich Shredded Romaine Lettuce Salsa Cup Fiesta Black Beans Fruit Cocktail Sliced Peaches Low-fat white or Fat Free Chocolate Milk	**November 19** **Special Holiday Feast!** Sliced Turkey with Gravy Honey Glazed Sliced Ham Traditional Stuffing Mashed Potatoes & Gravy Seasoned Green beans Cranberry Sauce Applesauce Cup Low-fat white or Fat Free Chocolate Milk	**November 20** Classic Cheese Pizza Pepperoni Pizza Tossed Salad Seasoned Curly Fries Fresh Grapes Watermelon Sour Raisins Low-fat white or Fat Free Chocolate Milk
November 23 **NO SCHOOL** — Optional Workday	**November 24** **NO SCHOOL** — Optional Workday	**November 25** **NO SCHOOL** — Optional Workday	**November 26**	**November 27**
November 30 Chicken Nuggets/ Rice Mozzarella Stick Marinara Sauce Seasoned Pinto Beans Sweet Glazed Carrots Applesauce Cup Raisins Low-fat white or Fat Free Chocolate Milk				

Daily Lunch Favorites

- **Daily Alternative:** PB&J Uncrustable Sandwich

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