






Hoke County Schools Breakfast Menus for May 2024

High Schools & Turlington

Monday	Tuesday	Wednesday	Thursday	Friday
 Grab-N-Go Options Offered Daily Assorted WG Pop Tart, Fruit Cup, & 100% Fruit Juice Mini Powdered Doughnuts, Fruit, & 100% Fruit Juice Yogurt, Graham Crackers, Fruit Cup, & 100% Fruit Juice				
Mon, Wed & Fri **Tues & Thurs**				
May 6 Super Cruller Assorted Cereal Graham Crackers Diced Peaches Assorted Juice Low-Fat or Fat-Free Milk	May 7 Banana Muffin Chicken & Cheese Pancake Sandwich Assorted Cereal Graham Crackers Diced Pears Assorted Juice Low-Fat or Fat-Free Milk	May 8 Choco Chip French Toast Minis Assorted Cereal Graham Crackers Mandarin Oranges Assorted Juice Low-Fat or Fat-Free Milk	May 9 Sausage Biscuit Pancake on a Stick Assorted Cereal Graham Crackers Strawberry Applesauce Assorted Juice Low-Fat or Fat-Free Milk	May 10 Cinnamon Roll Assorted Cereal Graham Crackers Mixed Fruit Assorted Juice Low-Fat or Fat-Free Milk
May 13 Chicken & Cheese Pancake Sandwich Assorted Cereal Graham Crackers Diced Peaches Assorted Juice Lowfat or Fat Free Milk	May 14 Chocolate Chip Muffin Chicken & Cheese Pancake Sandwich Assorted Cereal Graham Crackers Diced Pears Assorted Juice Lowfat or Fat Free Milk	May 15 French Toast Minis Assorted Cereal Graham Crackers Mandarin Oranges Assorted Juice Lowfat or Fat Free Milk	May 16 Maple Mini Pancake Pancake on a Stick Assorted Cereal Graham Crackers Applesauce Assorted Juice Lowfat or Fat Free Milk	May 17 Breakfast Pizza Assorted Cereal Graham Crackers Mixed Fruit Assorted Juice Lowfat or Fat Free Milk
May 20 Pancake on a Stick Assorted Cereal Graham Crackers Diced Peaches Assorted Juice Low-Fat or Fat-Free Milk	May 21 Blueberry Muffin Assorted Cereal Graham Crackers Diced Pears Assorted Juice Low-Fat or Fat-Free Milk	May 22 French Toast Sticks Assorted Cereal Graham Crackers Mandarin Oranges Assorted Juice Low-Fat or Fat-Free Milk	May 23 Maple Mini Pancake Assorted Cereal Graham Crackers Applesauce Assorted Juice Lowfat or Fat Free Milk	May 24 Honey Bun Assorted Cereal Graham Crackers Mixed Fruit Low-Fat or Fat-Free Milk
May 27 	May 28 Apple Muffin Assorted Cereal Graham Crackers Diced Pears Assorted Juice Lowfat or Fat Free Milk	May 29 Cinni Minis Assorted Cereal Graham Crackers Mandarin Oranges Assorted Juice Lowfat or Fat Free Milk	May 30 Confetti Mini Pancake Assorted Cereal Graham Crackers Applesauce Assorted Juice Lowfat or Fat Free Milk	May 31 

Families Making the Connection

Strawberries are Sweet!

Strawberries are fruits that grow on small plants. Strawberries can be available year-round. Peak season in the United States is May to July and in North Carolina is mid-April to mid-June. Did you know May is National Strawberry Month?

The Strawberry is the official North Carolina State Red Berry. North Carolina is the 4th largest strawberry producer in the nation. North Carolina has many "pick your own" farms. Find one near you at GottoBeNC.com.

Strawberries change colors as they ripen. They start as green and go from white to pink and finally to red when they are ripe and ready to be harvested. Strawberries will not ripen after picking. Choose strawberries with a solid red color and very little green or white. Strawberries should not have any mold or damage. The green caps should look fresh.



Strawberries are fun to eat fresh, whole or sliced, as a snack or side to a meal. You can add them to salads. Mix with low fat yogurt. Use as a topping for waffles, pancakes, or cereal. Or blend into smoothies. Wash your strawberries thoroughly under clean, running water before preparing or eating.

Strawberries are a superfood—packed with nutrients. Not only are strawberries deliciously sweet but they also help keep you healthy. Strawberries are an excellent source of vitamin C and a good source of fiber. A cup of whole strawberries has around 50 calories and 140 percent of the vitamin C Daily Value. Strawberries are cholesterol free and low in fat and sodium. Eight strawberries contain more vitamin C than one orange! Learn more about strawberries and other fruits and vegetables at <https://bit.ly/3c30kws>.

This institution is an equal opportunity provider.
<https://www.dpi.nc.gov/districts-schools/district-operations/school-nutrition>



Hoke County Schools Lunch Menus for May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		May 1 Deep Dish Cheese Pizza Cheeseburger on Bun Black Bean Burger on Bun Pinto Beans Steamed Carrots Mixed Fruit Applesauce 100% Juice Box Lowfat or Fat Free Milk	May 2 Oven Roasted Chicken Corn Dog Chef Salad w/ Egg & Cheese Steamed Broccoli *NC Sweet Potato Souffle Dinner Roll Mixed Fruit, Diced Pears 100% Juice Box Lowfat or Fat Free Milk	May 3 Hot Dog on Bun Wedge Cheese Pizza Veggie Burger on Bun Seasoned French Fries Baked Beans *Fresh NC Strawberries Mixed Berry Cup 100% Juice Box Lowfat or Fat Free Milk
May 6 Grilled Chicken Biscuit Deep Dish Cheese Pizza Spicy Chicken Sandwich Steamed Broccoli Seasoned Potato Tots Pineapple Tidbits Diced Peaches 100% Juice Box Lowfat or Fat Free Milk	May 7 Chicken Quesadilla Soft Shell Beef Taco Taco Chef Salad w/ Chips Pinto Beans Buttered Corn Shredded Cheese Shredded Lettuce Salsa Diced Peaches Mandarin Oranges 100% Juice Box Lowfat or Fat Free Milk	May 8 Spaghetti w/Meatballs Wild Mike's Cheesy Bites w/ <i>Marinara Sauce</i> Veggie Burger on Bun Steamed Broccoli Steamed Carrots Mixed Fruit Applesauce 100% Juice Box Wild Mike's Cheesy Bites Lowfat or Fat Free Milk	May 9 Mandarin Orange Chicken Sausage, Egg & Cheese Biscuit Chef Salad w Egg & Cheese w/ Breadstick Stir Fry Vegetables Candied Yams *Steamed Heirloom Carolina Gold Rice Mandarin Oranges, Diced Pears 100% Juice Box Breadstick Lowfat or Fat Free Milk	May 10 Sloppy Joe on Bun Wedge Cheese Pizza Veggie Burger on Bun Seasoned French Fries Baked Beans *Fresh NC Strawberries Mixed Berry Cup 100% Juice Box Lowfat or Fat Free Milk
May 13 Chicken Nuggets Wedge Cheese Pizza Honey Sriracha Chicken Steamed Broccoli Mashed Potatoes Diced Pears Diced Peaches 100% Juice Box Dinner Roll Lowfat or Fat Free Milk	May 14 Meatball Sub Deep Dish Pepperoni Pizza Chef's Salad w Grilled Chicken w/ Dinner Roll Pinto Beans Seasoned French Fries Diced Peaches Mixed Fruit 100% Juice Box Lowfat or Fat Free Milk	May 15 Beefy Nachos Chicken Quesadilla Black Bean Burger on Bun Black Beans Buttered Corn *Steamed Heirloom Carolina Gold Rice Shredded Lettuce Salsa, Diced Tomatoes *NC Berry Medley Mandarin Oranges 100% Juice Box Lowfat or Fat Free Milk	May 16 General Tso's Chicken Pork Chop Biscuit Chef Nacho Salad w Chips Stir Fry Vegetables Sweet Potato Souffle *Steamed Heirloom Carolina Gold Rice Mandarin Oranges Diced Pears 100% Juice Box Garlic Breadstick Lowfat or Fat Free Milk	May 17 Hot Dog on Bun Spicy Chicken Biscuit Black Bean Burger on Bun Seasoned Sweet Potato Waffle Fries Baked Beans *Fresh NC Strawberries Peach Cup 100% Juice Box Lowfat or Fat Free Milk
May 20 Chicken Tenders & Dutch Waffle Egg & Cheese Biscuit Wedge Pepperoni Pizza Steamed Broccoli Hash Rounds Diced Peaches Dried Cranberries 100% Juice Box Lowfat or Fat-Free Milk	May 21 Soft Shell Beef Taco Chicken Quesadilla Taco Chef's Salad w/ Chips Black Beans, Buttered Corn Shredded Lettuce Shredded Cheese, Salsa Diced Tomatoes *Fresh NC Blueberries Diced Peaches 100% Juice Box Lowfat or Fat Free Milk	May 22 Hamburger Steak w. Gravy Corn Dog Black Bean Burger on Bun *Fresh NC Steamed Cabbage Glazed Carrots *Steamed Heirloom Carolina Gold Rice Dinner Roll Mixed Fruit Diced Pears 100% Juice Box Lowfat or Fat Free Milk	May 23 Asian Zing Meatballs Deep Dish Cheese Pizza Peanut Butter & Jelly Sandwich *Fresh NC Steamed Broccoli Candied Yams *Steamed Heirloom Carolina Gold Rice Breadstick Diced Peaches Spiced Apples 100% Juice Box Lowfat or Fat Free Milk	May 24 Cheeseburger on Bun Grilled Cheese Sandwich Veggie Burger on Bun Seasoned French Fries Baked Beans *Fresh NC Strawberries Peach Cup 100% Juice Box Lowfat or Fat Free Milk
May 27 	May 28 Wedge Pepperoni Pizza Cheeseburger on Bun Black Bean Burger on Bun Pinto Beans Steamed Carrots Mixed Fruit Spiced Applesauce 100% Juice Box Lowfat or Fat Free Milk	May 29 Chick Fillet Sandwich Grilled Cheese Sandwich Peanut Butter & Jelly Sandwich *Fresh NC Steamed Broccoli Sweet Potato Waffle Fries Pineapple Tidbits Mixed Berry Cup 100% Juice Box Lowfat or Fat Free Milk	May 30 Hot Dog on Bun Wedge Cheese Pizza Veggie Burger on Bun Seasoned French Fries Baked Beans Peach Cup Strawberry Cup 100% Juice Box Lowfat or Fat Free Milk	May 31 

