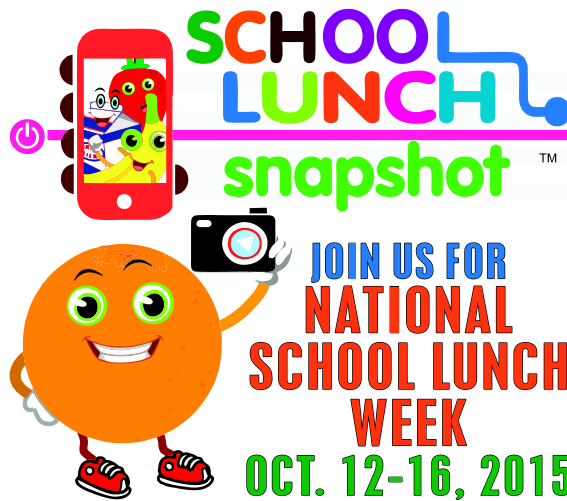


MENUS FOR OCTOBER 2015

**Pitt County
Schools**

*This institution is an
equal opportunity
provider and employer.*



Menu is subject to change due to availability of foods.

TASTE EXPLORERS! EAT BETTERLIVE HEALTHIER

**October
Taste Explorers Item:**

Yellow Peppers



- Are available all year, but at their peak in August and September.
- Good source of Vitamin C!
- Bell peppers can be yellow, red, orange or green (unripe).

TICKLE YOUR TASTEBUDS!

Monday, October 5

Breakfast
100% Fruit Juice
Mini French Toast

Lunch
Pizza
Chicken Filet Sandwich
Baked French Fries
Green Beans
Fresh Apple Slices

Tuesday, October 6

Breakfast
Banana
Cinnamon Roll

Lunch
Pork Rib Sandwich
Scoopin' Tacos
Salsa
California Blend
w/Cheese
Pinto Beans
Pears

Wednesday, October 7

Breakfast
Peaches
Sausage Biscuit or
Biscuit w/Jelly

Lunch
Baked Chicken Nuggets
w/Garlic Breadstick
Cheeseburger
Corn
Romaine Salad
w/Yellow Bell
Peppers
Pineapple Tidbits

Thursday, October 8

Breakfast
100% Fruit Juice
Toaster Pastry

Lunch
Mac & Cheese w/Roll
Hot Dog w/Chili
Fresh Broccoli Bites
w/Dip
Herb Roasted Potatoes
Applesauce

Friday, October 9

Breakfast
Pears
Breakfast Sausage Pizza

Lunch
Baked Mini Corn Dogs
Baked Fish Nuggets
w/Hushpuppies
Steamed Cabbage
Sweet Potato Waffle
Fries
Peaches

Thursday, October 1

Breakfast
100% Fruit Juice
Cereal
Animal Crackers or
Giant Goldfish Grahams

Lunch
Baked Mini Corn Dogs
Beefaroni
w/Garlic Breadstick
Romaine Salad
Steamed Carrots
Pears

Friday, October 2

Breakfast
Applesauce
Chicken Biscuit or
Biscuit w/Jelly

Lunch
Ham & Cheese Sub
Cheesesticks
Marinara Sauce
Baked French Fries
Black Eyed Peas
Peaches

Monday, October 12

Breakfast
100% Fruit Juice
Mini Pancakes

Lunch
Rotisserie Chicken w/Roll
Pizza
Mashed Potatoes
Romaine Salad
Fruit Mix

Tuesday, October 13

Breakfast
Fresh Apple Slices
Chicken Biscuit or
Biscuit w/Jelly

Lunch
PB&J Sandwich
Fruitables Plus
Strawberry Craisins

Early dismissal today!

Wednesday, October 14

Breakfast
Pears
Breakfast Bagel

Lunch
Mandarin Chicken
Cheesesticks
Marinara Sauce
Brown Rice
Lima Beans
Pineapple Tidbits

Thursday, October 15

Breakfast
100% Fruit Juice
Breakfast Bread

Lunch
Deluxe Chicken Sandwich
Pork Rib Sandwich
Baked French Fries
Steamed Carrots
Green Beans
Pears

Friday, October 16

Breakfast
Applesauce
Cheese Omelet Biscuit or
Biscuit w/Jelly

Lunch
Baked Chicken Tenders
w/Garlic Breadstick
Carolina BBQ Sliders
w/Coleslaw
Herb Roasted Potatoes
Baked Beans
Peaches



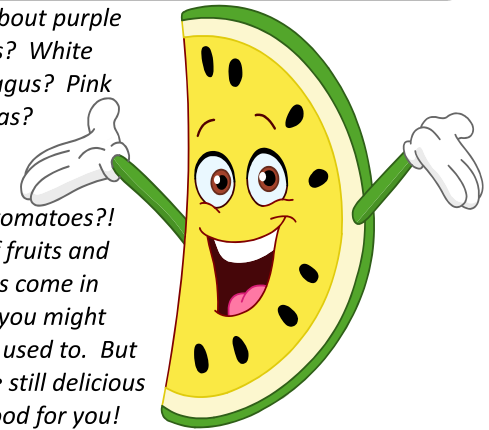
Choice of milk served with all complete meals:
**1% White, Skim White,
 Skim Chocolate, Skim Strawberry**

Food Allergy Disclaimer

Please be aware that Child Nutrition Services prepares our food in commercial kitchens, where cross-contact with food allergens is possible and where ingredient substitutions and recipe revisions are sometimes made. Additionally, manufacturers of commercial food products we order may change their product formulation or ingredient consistency at any time without notification. Actual ingredients and nutritional content may vary and we are not able to guarantee that any food item will be completely free of food allergens. If you have questions or any concerns regarding ingredients of a specific food or recipe, please reach out to the Pitt County Schools Registered Dietitian, Janie Owens, RD, LDN at 252-830-4226 or email owensj@pitt.k12.nc.us.

Yellow Watermelon?!!

How about purple carrots? White Asparagus? Pink bananas? Blue corn? Black tomatoes?! Lots of fruits and veggies come in colors you might not be used to. But they're still delicious and good for you!



First things First -- New This Year!

Choose at least ONE serving of FRUIT and at least THREE items TOTAL so your meal counts as a Complete Breakfast!

BREAKFAST@SCHOOL
 For first-class learning!

Monday, October 19

Breakfast
 100% Fruit Juice
 Pancake & Sausage on a Stick

Lunch
 Pizza
 Scoopin' Tacos
 Salsa
 Green Beans
 Corn
 Strawberry Craisins

Tuesday, October 20

Breakfast
 Mixed Fruit
 Mini Waffles

Lunch
 Baked Chicken Nuggets w/Garlic Breadstick
 Cheeseburger
 Cucumber Slices w/Dip
 Broccoli w/Cheese
 Peaches

Wednesday, October 21

Breakfast
 Strawberries
 Breakfast Sausage Pizza

Lunch
 BBQ Chicken w/Roll
 Hot Dog w/Chili
 Garden Peas
 Mashed Potatoes
 Pineapple Tidbits

Thursday, October 22

Breakfast
 100% Fruit Juice
 Cereal
 Animal Crackers or
 Giant Goldfish Grahams

Lunch
 Baked Mini Corn Dogs
 Beefaroni
 w/Garlic Breadstick
 Romaine Salad
 Steamed Carrots
 Pears

Friday, October 23

Breakfast
 Applesauce
 Chicken Biscuit or
 Biscuit w/Jelly

Lunch
 Ham & Cheese Sub
 Cheesestick
 Marinara Sauce
 Baked French Fries
 Black Eye Peas
 Applesauce

Monday, October 26



No School Today

Tuesday, October 27

Breakfast
 Banana
 Cinnamon Roll

Lunch
 Pork Rib Sandwich
 Scoopin' Tacos
 Salsa
 California Blend w/Cheese
 Pinto Beans
 Pears

Wednesday, October 28

Breakfast
 Peaches
 Sausage Biscuit or
 Biscuit w/Jelly

Lunch
 Baked Chicken Nuggets w/Garlic Breadstick
 Cheeseburger
 Corn
 Romaine Salad
 Pineapple Tidbits

Thursday, October 29

Breakfast
 100% Fruit Juice
 Toaster Pastry

Lunch
 Mac & Cheese w/Roll
 Hot Dog w/Chili
 Fresh Broccoli Bites w/Dip
 Herb Roasted Potatoes
 Applesauce

Friday, October 30

Breakfast
 Pears
 Breakfast Sausage Pizza

Lunch
 Baked Mini Corn Dogs
 Baked Fish Nuggets w/Hushpuppies
 Steamed Cabbage
 Sweet Potato Waffle Fries
 Chillin Bat Ice



RED RIBBON WEEK

OCTOBER 23-31, 2015

Join students, teachers, parents, and other folks all over America in celebrating drug-free lifestyles this week! Wear a red ribbon to show your commitment!