

Pitt County Schools

9th-12th Grade Menus

This institution is an equal opportunity provider. Menus are subject to change.

menus for January 2025

SWEET DREAMS.



Most adults need 7-8 hours of sleep a day, but infants need 16 and teens still need at least 9. If you don't get enough sleep several nights in a row, you'll have a "sleep debt" and need to catch up to perform at your best.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

2025



The Chinese New Year begins with the new moon on January 29. 2025 is the Year of the Snake.

YEAR OF THE SNAKE

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

PITT COUNTY SCHOOL NUTRITION SERVICES

ANIMAL APPETITES

Food becomes more scarce for a lot of birds in winter, especially in areas prone to snow and ice. A bird feeder or two helps them survive and gives you plenty of entertainment, no matter what winter is like in your neck of the woods!



Monday, January 6

Breakfast
Mini Cinnis
Applesauce

Lunch
Cheese Stix
Smash Burger w/
Onion
Marinara Sauce
Papaya Mango Cup
Green Beans
French Fires
Mixed Fruit
Fruit Juice

Tuesday, January 7

Breakfast
Chicken Sausage
Biscuit
Craisins

Lunch
Grilled Cheese
Sandwich
Beef Hot Dog on
Bun
Vegetable Beef
Soup
Baked beans
Frozen Fruit Cup
Fruit Juice

Wednesday, January 8

Breakfast
French Toast Sticks
Banana

Lunch
Beef Scoopin Tacos
with Tortilla Chips &
Queso
Chicken Quesadilla
Street Corn
Fiesta Black Beans
Fresh Apple
Fruit Juice

Thursday, January 9

Breakfast
Powdered Mini
Donuts
Papaya Mango Cup

Lunch
Chicken Chunks
Baked Spaghetti
Roll
Caesar Salad
Sweet Potato
Souffle
Froot Joocce
Tropical Raisels

Friday, January 10

Breakfast
Large Muffin
Tropical Raisels

Lunch
Big Daddy's Pizza
Teriyaki Beef &
Broccoli with Rice
Steamed Broccoli
Glazed Carrots
Banana
Fruit Juice

Monday, January 13

Breakfast
Banana or Pumpkin
Bread
Applesauce Cup
Lunch
Stuffed Pepperoni
Sandwich
PBJ Sandwich
Baby Carrots
Mango Punch
Marinara Sauce
Assorted fruit
Fruit Juice

EXAM WEEK

Tuesday, January 14

Breakfast
Cinnamon Toast
Crunch Pastry
Fresh Orange
Lunch
Stuffed Pepperoni
Sandwich
PBJ Sandwich
Baby Carrots
Mango Punch
Marinara Sauce
Assorted fruit
Fruit Juice

EXAM WEEK

Wednesday, January 15

Breakfast
Mini Pancakes
Craisins
Lunch
Stuffed Pepperoni
Sandwich
PBJ Sandwich
Baby Carrots
Mango Punch
Marinara Sauce
Assorted fruit
Fruit Juice

EXAM WEEK

Thursday, January 16

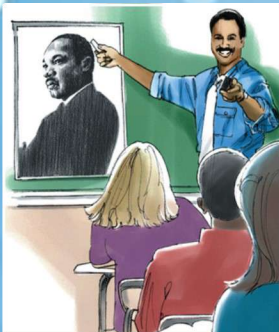
Breakfast
Turkey Pancake
Sausage on a Stick
Papaya Mango Cup
Lunch
Stuffed Pepperoni
Sandwich
PBJ Sandwich
Baby Carrots
Mango Punch
Marinara Sauce
Assorted fruit
Fruit Juice

EXAM WEEK

Friday, January 17

Breakfast
Froot Loop Waffle
Tropical Raisels
Lunch
Stuffed Pepperoni
Sandwich
PBJ Sandwich
Baby Carrots
Mango Punch
Marinara Sauce
Assorted fruit
Fruit Juice

EXAM WEEK



School will be closed
Monday, January 20
in recognition of
Martin Luther King, Jr.'s
birthday.

Tuesday, January 21

No School
Teacher Work
Day

Wednesday, January

Breakfast
Mini Strawberry
Bagels
Craisins

Lunch
Buffalo Chicken
Pasta w/ roll
Bacon Or Regular
Cheeseburger
French Fries
Green Beans
Fresh Apple
Fruit Juice

Thursday, January 23

Breakfast
Fruit Cereal or
Vanilla Belgian
Waffle
Papaya Mango Cup
Lunch
Barbecue
Chicken Barbecue
Hushpuppies
Cheese Stix
Marinara Sauce
Coleslaw
Baked Beans
Diced Peaches
Fruit Juice

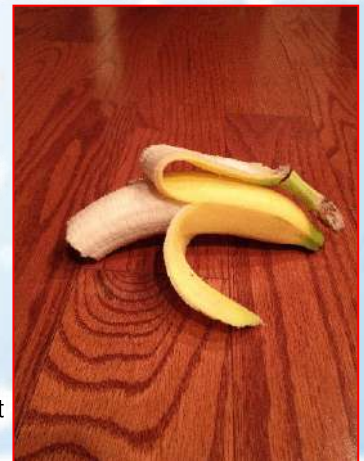
Friday, January 24

Breakfast
Super Donut
Tropical Raisels
Lunch
Big Daddy's
Pepperoni Pizza
Chicken & Pastry
Biscuit
Green Peas
Sweet Potato
Souffle
Apple Sauce
Fruit Juice



Leave it alone.

You've heard of the
"5 second rule,"
right? Don't buy it.
Believe it or not,
germs don't observe
a waiting period, so
there is no "safe"
amount of time for
food to be on the
floor. If you can't
wash it off, don't put it
back on your plate!



Learn more at www.CHOOSEMYPLATE.gov or
http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, January 27

Breakfast
Mini Cinnis
Applesauce Cup

Lunch
Cheese Stix
Smashburger w/
Onion
Marinara Sauce
Green Beans
French Fries
Banana
Fruit Juice

Tuesday, January 28

Breakfast
Chicken Sausage
Biscuit Craisins

Lunch
Scoopin Tacos
Tostito Rounds
Queso
Chicken Quesadilla
Salsa
Street Corn
Fiesta Black Beans
Fresh Apple
Fruit Juice

Wednesday, January

Breakfast
French Toast Sticks
Banana

Lunch
Grilled Cheese
Sandwich
Beef Hot Dog on
Bun
Vegetable Beef
Soup
Baked Beans
Strawberry Cups
Frozen Peaches
Fruit Juice

Thursday, January 30

Breakfast
Powdered Mini
Donuts
Payaya Mango Cup

Lunch
Chicken Chunks
Baked Spaghetti
Roll
Caesar Salad
Sweet Potato
Soufflé
Froot Jooce Freeze
Tropical Raisels

Friday, January 31

Breakfast
Large Muffin
Tropical Raisels

Lunch
Four Cheese Pizza
Pepperoni Pizza
Beef & Broccoli
Brown Rice
Steamed Broccoli
Glazed Carrots
Mandarin Orange
Cup
Fruit Juice

★ ★ ★ ★ **OUR NATION'S HISTORY** ★ ★ ★ ★

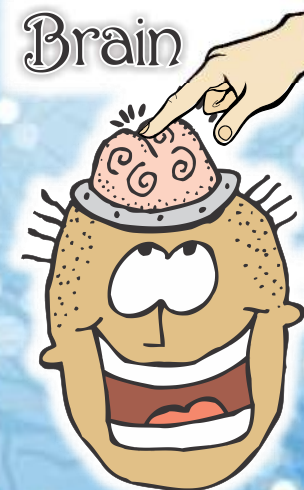


On January 31, 1865 – 160 years ago this month – Congress passed the 13th Amendment to the Constitution, outlawing slavery forever in the United States. The passage of the 13th Amendment culminated a great effort by President Abraham Lincoln and his cabinet and their allies in and out of Congress and ended centuries of enslavement for millions of Africans and African-Americans in the U.S. A great retelling of the story of the 13th Amendment is the film "Lincoln," by director Steven Spielberg.



★ ★ ★ ★ **WITH LIBERTY & JUSTICE FOR ALL** ★ ★ ★ ★

Brain Ticklers



What do you
get when you
cross a
snowman with a
vampire bat?

(Hold the page upside
down and read it in a
mirror for the answer!)

Fl00p!00f