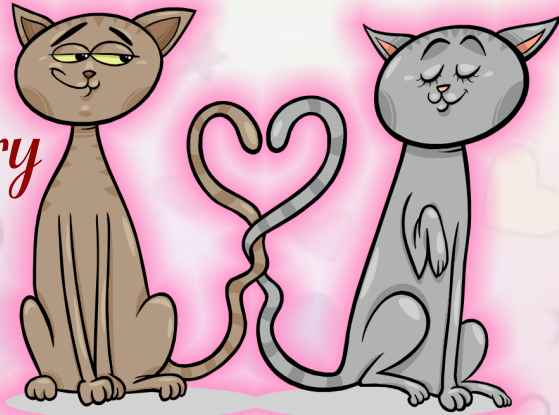


Menus for February 2019

Perquimans County High School



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

YOU'VE GOT TO LOVE IT!

You've got to love your heart, that is! And taking care of your heart is a job that lasts your whole lifetime. Eat more fruits, veggies, and whole grains and less salt and saturated fat. And exercise regularly like your healthy heart depends on it - because it does!



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

Friday, February 1

Breakfast
Breakfast Pizza
Juice & Fruit

Lunch
Entree Select One:
Spicy Wings & Chips
Turkey/Cheese Sandwich
Chef Salad w/ Chips

Must Pick One, May Select All
Carrot/Celery Cups w/ Ranch
Steamed Broccoli
Peach Cups
Pears
100% Fruit Juice
Milk Choice

YEAR OF THE PIG



The Chinese New Year begins with the new moon on February 5. 2019 is the Year of the Pig.

Monday, February 4

Breakfast
Dunkin Stix
Applesauce Cup & Fruit Juice

Lunch
Entree Select One:
Grilled Cheese Sandwich & Cheez-it's
Turkey/Cheese Sandwich
Chef Salad w/ Flatbread

Must Pick One, May Select All
Steamed Broccoli
Parslied Corn
Peaches
Strawberry Cups
Milk Choice

Tuesday, February 5

Breakfast
Sausage Biscuit
Juice & Peach Cup

Lunch
Entree Select One:
Bacon Cheeseburger on Bun
Peach Parfait

Must Pick One, May Select All
Oven Baked Fries
Black Eyed Peas
Mixed Fruit
Pears
Milk Choice

Wednesday, February 6

Breakfast
Super Donut
Juice & Strawberry Cup

Lunch
Entree Select One:
Chicken Fajita w/ peppers & onions on Rice
Turkey/Cheese Sub
Chicken Fajita Salad & Flatbread

Must Pick One, May Select All
Candied Yams
Seasoned Green Peas
Applesauce Cups
Pineapple Tidbits
Milk Choice

Thursday, February 7

Breakfast
Warm Cinnamon Bun
Juice & Mixed Fruit

Lunch
Entree Select One:
Pizza Slice
Chicken Caesar Salad & Roll

Must Pick One, May Select All
Glazed Carrots
Corn & Lima Beans
Spiced Apples
Peaches
Milk Choice

Friday, February 8

Breakfast
Cinnamon Toast Crunch Bar & Cheese Stick
Juice & Pears

Lunch
Entree Select One:
Chicken Nuggets & Roll
Club Sandwich
Peach Parfait

Must Pick One, May Select All
Seasoned Green Beans
Baby Carrots & Dip
Golden Corn
Peaches
Strawberry Cups
Milk Choice

Monday, February 11

Breakfast
Powdered Donuts
Juice & Craisins

Lunch
Entree Select One:
Scooping Taco's w/ chips
Ham/Cheese Sandwich w/chips
Southwest Chicken Salad

Must Pick One, May Select All
Lettuce/Tomato/Cheese for taco's
Cajun Pintos
Golden Corn
Pineapple Tidbits
Mixed Fruit
Milk Choice

Tuesday, February 12

Breakfast
Breakfast Pizza
Juice & Peach Cup

Lunch
Entree Select One:
Cheeseburger on Bun
Club Sandwich
Peach Parfait

Must Pick One, May Select All
Oven Baked Fries
Glazed Carrots
Strawberry Cups
Pears
Milk Choice

Wednesday, February 13

Breakfast
Cheese Toast
Juice & Strawberry Cup

Lunch
Entree Select One:
Chicken & Rice Soup &
Grilled Cheese Sandwich
Chef Salad w/ Flatbread Points

Must Pick One, May Select All
Fresh Veggie Cups w/ dip
Corn
Peaches
Pineapple Tidbits
Milk Choice

Thursday, February 14

Breakfast
Chicken Biscuit
Juice & Mixed Fruit

Lunch
Entree Select One:
Roasted BBQ Chicken w/ roll
Pineapple Parfait
Grilled Chicken Salad

Must Pick One, May Select All
Steamed Broccoli
Candied Yams
Pears
Fresh Apple (Yellow or Red)
Milk Choice

Friday, February 15

Breakfast
Cinnamon Bar
Juice & Pears

Lunch
Entree Select One:
Baked Spaghetti & Breadstick
Deli Turkey Sandwich
Chicken Caesar Salad

Must Pick One, May Select All
Seasoned Garden Peas
Green Beans
Peaches
Mixed Fruit
Milk Choice

1 AND ONLY!

In a standard deck of playing cards, the King of Hearts is the **ONLY** King with out a moustache. Happy Valentine's Day!

The original value meal & still a fantastic deal!

Elementary Secondary

\$2.45 \$2.70

Get in touch with us today to learn more about free and reduced-price meals in our district:
252-426-5741 or shirleypelletier@pqschools.org



Perquimans County Schools have a **NO CHARGE POLICY !!!**
Set up your students account today at www.K12paymentcenter.com

To help build healthy eating habits...
BREAKFAST AT NO COST
is available to all students in
Grades Pre-K to 5th !!!

Middle School and High School
students can enjoy breakfast for only **\$1.00**
(free for reduced students by state funding)

Monday, February 18



PRESIDENTS DAY

NO SCHOOL TODAY

Tuesday, February 19

Breakfast
Warm Fruit Muffin & Cheese Stick
Juice & Craisins

Lunch
Entree Select One:
Pepperoni Stuffed Crust Pizza
Hot Ham * & Cheese Sandwich

Must Pick One, May Select All
Steamed Broccoli
Sweet Potato Fries
Spiced Apples
Mixed Fruit

Milk Choice

*Turkey Product
Cookie Day

Wednesday, February 20

Breakfast
Sausage Biscuit
Juice & Peach Cup

Lunch
Entree Select One:
Pulled Pork Nacho's w/chips
Cheese Nacho's w/chips
Strawberry Parfait

Must Pick One, May Select All
Side Salad Tray w/ Ranch
Baby Carrots & Dip
Cajun Pintos
Peaches
Pineapple Tidbits

Milk Choice

Thursday, February 21

Breakfast
Super Donut
Juice & Mixed Fruit

Lunch
Entree Select One:
Hamburger Steak & Gravy on Rice
Pineapple Parfait
Chef Salad w/ Flatbread

Must Pick One, May Select All
Glazed Carrots
Green Beans
Fresh Orange Slices
Pears

Milk Choice

Friday, February 22

Breakfast
Warm Cinnamon Roll
Juice & Applesauce Cup

Lunch
Entree Select One:
Chicken Fajita w/ peppers & onions on Rice
Turkey/Cheese Sub
Chicken Fajita Salad & Flatbread

Must Pick One, May Select All
Golden Corn
Seasoned Green Peas
Strawberry Cups
Mixed Fruit

Milk Choice

Monday, February 25

Breakfast
Yogurt & Graham Cracker
Juice & Craisins

Lunch
Entree Select One:
Smoky Pork BBQ Sandwich on Bun
Turkey/Cheese Sandwich
Peach Parfait

Must Pick One, May Select All
Golden Corn
Baked Beans
Pears
Applesauce

Milk Choice
Dorito Day

Tuesday, February 26

Breakfast
Chicken Biscuit
Juice & Mixed Fruit

Lunch
Entree Select One:
Pizza Sticks w/ Marinara Sauce
Turkey/Cheese Sandwich
Asian Salad

Must Pick One, May Select All
Broccoli w/ cheese
Yams
Fresh Apple
Peaches

Milk Choice

Wednesday, February 27

Breakfast
Cheese Toast
Juice & Strawberry Cup

Lunch
Entree Select One:
Vegetable Beef Soup &
Grilled Cheese Sandwich
Grilled Chicken Salad w/ Crackers

Must Pick One, May Select All
Seasoned Green Beans
Broccoli w/Dip
Peaches
Blueberries w/ topping
Milk Choice

Cookie Day

Thursday, February 28

Breakfast
Super Donut
Juice & Pears

Lunch
Entree Select One:
Roasted Turkey & Gravy on Rice w/Roll
Pineapple Parfait
Chef Salad w/ Flatbread

Must Pick One, May Select All
Roasted Butternut Squash
Seasoned Greens
Spiced Apples
Mixed Berry Cups

Milk Choice

Friday, March 1

Breakfast
Warm Cinnamon Roll
Juice & Applesauce Cup

Lunch
Entree Select One:
Meatball Sub
Ham/Cheese Deli Sandwich
Chef Salad w/ Flatbread

Must Pick One, May Select All
Green Beans
Golden Corn
Pears
Mixed Fruit

Milk Choice

Available Daily

2018-19 Breakfast Prices
Paid Student (MS & HS) = \$1.00
Reduced Student (MS & HS) = Free
(Free due to state funding)
Adults pay by the items selected
Additional breakfast selections may vary by school

Juice, Fruit and a variety of Milk are offered with all breakfasts!
Students must select 3 items for breakfast including a fruit/vegetable selection.

Lunch Selections:
Lowfat and skim milk choices available daily!
Students DO NOT have to select milk with their meal!
Students must select 3 of 5 items for lunch, may select all 5.

Sandwich choices must also select fruit/vegetable choice.
Parfait & Salad choices may also select fruit/vegetable choice.

Grab & Go Bag choices may also select vegetable choice