



Menus for May & June 2019

Perquimans County High School

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

SCHOOL LUNCH HERO DAY MAY 3RD



AND
SCHOOL
NUTRITION
EMPLOYEE
APPRECIATION
WEEK
MAY
6-10

Wednesday, May 1

Breakfast

Warm Fruit Muffin,
Strawberry Cup, Fruit Juice
Milk Choice

Lunch

Entrée: Select One
Oven Roasted Chicken w/ WG Roll
Cheeseburger on WG Bun
Must Pick 1, May Select 4
Mashed Potato/gravy
Seasoned Green Beans
Pears
Mixed Fruit

Milk Choice

Thursday, May 2

Breakfast

Cereal Bar & Cheese Stick,
Pears, Fruit Juice
Milk Choice

Lunch

Entrée: Select One
Scoopin' Tacos w/ chips
Chef Salad with Flatbread
Must Pick 1, May Select 4
Lettuce/Tomato/Cheese Toppings
Cajun Pinto's
Seasoned Green Peas
Peaches
Pineapple

Milk Choice

Friday, May 3

Breakfast

Breakfast Pizza
Mixed Fruit Cup, Fruit Juice
Milk Choice

Lunch

Entrée: Select One
Eastern NC BBQ Sandwich
Turkey/Cheese Sandwich
Must Pick 1, May Select 4
Creamy Cole Slaw
Glazed Carrots
Applesauce
Peaches

Milk Choice

The original value meal & still a fantastic deal!

Breakfast

Lunch

Free \$1.00 \$2.45 \$2.70

Elementary Secondary Elementary Secondary

Monday, May 6

Breakfast

Warm Breakfast Breads
Mixed Berry Cup, Fruit Juice
Milk Choice

Lunch

Entrée: Select One
Bacon Cheeseburger on Bun
Turkey/Cheese Sandwich
Must Pick 1, May Select 4
Sweet Potato Puffs
Green Beans
Applesauce
Pears

Milk Choice
Chef Salad

Tuesday, May 7

Breakfast

Super Donut
Mixed Fruit Cup, Fruit Juice
Milk Choice

Lunch

Entrée: Select One
Chicken Fajita Wrap
Chicken Fajita Flatbread
Must Pick 1, May Select 4
Spinach Florentine
Black Beans
Fresh Apple
Peaches

Milk Choice

Wednesday, May 8

Breakfast

Cereal Bar & Cheese Stick,
Peach Cup, Fruit Juice
Milk Choice

Lunch

Entrée: Select One
Chicken Alfredo Bake & Roll
Grilled Chicken Salad & Flatbread
Must Pick 1, May Select 4
Broccoli & Cheese
Seasoned Green Peas
Pineapple Tidbits
Mixed Fruit

Milk Choice

Thursday, May 9

Breakfast

PopTart
Craisins, Fruit Juice
Milk Choice

Lunch

Entrée: Select One
Turkey/Cheese Sub & Chips
Chef Salad w/ Flatbread
Must Pick 1, May Select 4
Baked Beans
Seasoned Green Beans
Blueberries
Pears

Milk Choice

Friday, May 10

Breakfast

Sausage Biscuit
Applesauce Cup, Fruit Juice
Milk Choice

Lunch

Entrée: Select One
Spicy Wing Basket & Chips
Popcorn Chicken (PK-2)
Peach Parfait
Must Pick 1, May Select 4
Baby Carrots & Dip
Seasoned Green Beans
Mixed Berry Cups
Peaches

Milk Choice

Monday, May 13

Breakfast

Trix Cereal Bar & Cheese Stick
Applesauce Cup, Fruit Juice
Milk Choice

Lunch

Entrée: Select One
Chicken Filet Sandwich on WG Bun
Chef Salad w/ Flatbread
Must Pick 1, May Select 4
Seasoned Green Beans
Baked Beans
Mixed Fruit
Peach Cup

Milk Choice

Tuesday, May 14

Breakfast

Sausage Biscuit
Peach Cup, Fruit Juice
Milk Choice

Lunch

Entree Select One:
Stuffed WG Crust Pepperoni Pizza
Grilled Chicken Salad & Flatbread
Must Pick 1, May Select 4
Seasoned Green Beans
Sweet Potato Fries
Applesauce Cups
Pears

Milk Choice

Wednesday, May 15

Breakfast

Chicken Biscuit,
Peach Cup, Fruit Juice
Milk Choice

Lunch

Entrée: Select One
Cheeseburger on Bun
Fruit Yogurt Parfaits
Must Pick 1, May Select 4
Potato Smiles
Seasoned Green Beans
Pineapple
Applesauce
Milk

Thursday, May 16

Breakfast

Warm Breakfast Breads
Mixed Berry Cup, Fruit Juice
Milk Choice

Lunch

Entrée: Select One
Nacho's Grande w/ chips
Manager's Choice
Must Pick 1, May Select 4
Spinach Florentine
Cajun Pinto's
Mixed Fruit
Craisins
Pears

Milk Choice

Friday, May 17

Breakfast

Chicken Biscuit,
Peach Cup, Fruit Juice
Milk Choice

Lunch

Entrée: Select One
Pizza Sticks (WG) w/ Marinara Sauce
Turkey/Cheese Sandwich
Must Pick 1, May Select 4
Steamed Broccoli & Cheese
Candied Yams
Spiced Apples
Mixed Fruit

Milk Choice



Monday, May 20

Breakfast

Super Donut
Mixed Berry Cup, Fruit Juice
Milk Choice

Lunch

Entrée: Select One

Hot Dog on Bun w/chili
Manager's Choice

Must Pick 1, May Select 4

Oven Baked Fries
Baked Beans
Applesauce
Pears

Milk Choice

Tuesday, May 21

Breakfast

Cereal Bar & Cheese Stick
Applesauce Cup, Fruit Juice
Milk Choice

Lunch

Entrée: Select One

Chicken Filet Sandwich on WG Bun
Chef Salad w/Flatbread

Must Pick 1, May Select 4

Seasoned Green Beans
Baby Carrots & Dip
Mixed Fruit
Peach Cup

Milk Choice

Wednesday, May 22

Breakfast

Warm Honey Bun
Peach Cup, Fruit Juice
Milk Choice

Lunch

Entrée: Select One

Oven Roasted Turkey w/ Gravy
Manager's Choice

Must Pick 1, May Select 4

Mashed Potatoes w/ Gravy
WG Roll
Steamed Broccoli
Applesauce
Pears

Milk Choice

Thursday, May 23

Breakfast

Warm Breakfast Breads
Mixed Berry Cup, Fruit Juice
Milk Choice

Lunch

Entrée: Select One

Bacon Cheeseburger on Bun
Turkey/Cheese Sandwich

Must Pick 1, May Select 4

Sweet Potato Puffs
Green Beans
Pineapple Tidbits
Mixed Fruit

Milk Choice

Friday, May 24

Breakfast

Breakfast Pizza
Mixed Fruit Cup, Fruit Juice
Milk Choice

Lunch

Entrée: Select One

Eastern NC BBQ Sandwich
Turkey/Cheese Sandwich

Must Pick 1, May Select 4

Creamy Cole Slaw
Glazed Carrots
Applesauce
Peaches

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 of 4 items for breakfast
including a fruit/vegetable selection.

Lunch Selections:

Low fat and skim milk choices
available !

Students DO NOT have to select
milk with their meal.

Students must select 3 of 6(7 at HS)
items for lunch, may select all , must
select at least 1 fruit or vegetable
choice.

Sandwich choices must also select at least 1
fruit/vegetable choice.

Parfait & Salad choices may also select
fruit/vegetable choices.

Grab & Go Bag choices may
also select fruit/vegetable choices.

All Juices are 100% Fruit Juice

Monday, May 27



Tuesday, May 28

Breakfast

Powdered Donuts,
Applesauce Cup, Fruit Juice
Milk Choice

Lunch

Entrée: Select One

Spicy Chicken Filet Sandwich (WG)
Grab & Go Yogurt Bag

Must Pick 1, May Select 4

Potato Smiles
Seasoned Black Eye Peas
Mixed Fruit
Spiced Pears

Milk Choice

Wednesday, May 29

Breakfast

Warm Fruit Muffin,
Strawberry Cup, Fruit Juice
Milk Choice

Lunch

Entrée: Select One

Oven Roasted Chicken w/ WG Roll
Must Pick 1, May Select 4

Mashed Potato/gravy
Seasoned Green Beans
Pears
Mixed Fruit

Milk Choice

Thursday, May 30

Breakfast

Cereal Bar & Cheese Stick,
Pears, Fruit Juice
Milk Choice

Lunch

Entrée: Select One

Scoopin' Tacos w/ chips
Must Pick 1, May Select 4
Lettuce/Tomato/Cheese Toppings

Cajun Pinto's
Seasoned Green Peas
Peaches
Pineapple

Milk Choice

Friday, May 31

Breakfast

Sausage Biscuit
Peaches, Fruit Juice
Milk Choice

Lunch

Entrée: Select One

Spicy Wings & Chips
Chicken Nuggets (PK-2)
Turkey/Cheese Sandwich

Must Pick 1, May Select 4

Baby Carrots & Dip
Steamed Broccoli
Applesauce
Pears
Milk Choice

Monday, June 3

Breakfast

Dunkin Stix
Mixed Berry Cup, Fruit Juice
Milk Choice

Lunch

Entrée: Select One

Cheeseburger on Bun
Manager's Choice

Must Pick 1, May Select 4

Sweet Potato Puffs
Green Beans
Peaches
Pears

Milk Choice

Tuesday, June 4

Breakfast

Chicken Biscuit
Peaches, Fruit Juice
Milk Choice

Lunch

Entrée: Select One

Hot Dog on Bun
Manager's Choice

Must Pick 1, May Select 4

Oven Baked Fries
Baked Beans
Applesauce
Pears

Milk Choice

Wednesday, June 5

Breakfast

Warm Fruit Muffin
Applesauce Cup, Fruit Juice
Milk Choice

Lunch

Entrée: Select One

Nacho's Grande w/ chips
Manager's Choice

Must Pick 1, May Select 4

Spinach Florentine
Cajun Pinto's
Mixed Fruit
Craisins
Pears

Milk Choice

Thursday, June 6

Breakfast

Sausage Biscuit
Mixed Fruit, Fruit Juice
Milk Choice

Lunch

Entrée: Select One

Pizza Slice
Manager's Choice

Must Pick 1, May Select 4

Oven Baked Fries
Green Beans
Applesauce
Pears

Milk Choice

Friday, June 7

Early Release
Breakfast

Poptart
Craisins, Fruit Juice
Milk Choice

Lunch

Entrée: Select One

Turkey/Cheese Sandwich w/ chips or
Ham/Cheese Sandwich w/chips

Must Pick 1, May Select 4

Baby Carrots & Dip
Dragon Punch
Peach Cup
Fresh Apple

Milk Choice



Word of the Month

de·pend·a·ble

adj. 1. Worthy of trust;
reliable 2. steadfast;
responsible; faithful
3. capable of being
counted on