

MENUS FOR SEPTEMBER 2018

Perquimans County Schools Pre-K

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



It's normal for anyone to feel a little sad now and then, but no one should have to live with sadness all the time, so that feeling happy seems impossible. Reach out. Joy might need a little help to break through.

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

**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

Breakfast Menu

Monday—Warm Cinnamon Roll
Tuesday—Breakfast Biscuit
Wednesday—Pig In a Blanket
Thursday—Breakfast Pizza
Friday—Warm Breakfast Muffin

Additional breakfast selections may include yogurt, fruits and a variety of whole grain rich breads and grains such as muffins, honey buns, cereal, breakfast biscuits and more.

Juice, Fruit and a variety of Milk are offered with all breakfasts!

Students must select 3 items for breakfast including a fruit/vegetable selection.

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



**NO SCHOOL
MONDAY,
SEPTEMBER 3**

Monday, September 10

Breakfast
WG Cereal
Applesauce

Lunch: Pick One
Beef/Cheese Quesadilla
Turkey/Cheese Sandwich
Chef Salad w/ Flatbread

Lunch: Sides (will get all)
Ranchero Beans w/cheese
Mixed Fruit
Skim Milk

Snack
Cheez-it's
Orange Juice

Tuesday, September 4

Breakfast
Sausage Biscuit
Peaches

Lunch: Pick One
Bacon Cheeseburger on Bun
Turkey/Cheese Sandwich
Chef Salad w/ Flatbread

Lunch: Sides (will get all)
Baked Beans
Pears
Skim Milk

Snack
Bug Bites
Apple Juice

Wed., September 5

Breakfast
Pancake Sausage on Stick
Mixed Fruit

Lunch: Pick One
Chicken Fajita w/ peppers & onions on Rice
Yogurt Grab and Go Bag
Chicken Fajita Salad

Lunch: Sides (will get all)
Candied Yams
Applesauce
Skim Milk

Snack
Cheese Stick & Crackers
Fruit Punch

Thursday, September 6

Breakfast
Breakfast Pizza
Applesauce

Lunch: Pick One
Pizza Slice
Yogurt Grab and Go
Chicken Caesar Salad

Lunch: Sides (will get all)
Steamed Broccoli
Spiced Apples
Skim Milk

Snack
Goldfish
Apple Juice

Friday, September 7

Breakfast
Fruit Muffin
Peaches

Lunch: Pick One
Popcorn Chicken & Roll
Peach Parfait
PB&J Sandwich

Lunch: Sides (will get all)
Carrot/Celery Cup w/ dip
Pears
Skim Milk

Snack
Pudding Cup
Orange Juice

Monday, September 10

Breakfast
WG Cereal
Applesauce

Lunch: Pick One
Beef/Cheese Quesadilla
Turkey/Cheese Sandwich
Chef Salad w/ Flatbread

Lunch: Sides (will get all)
Ranchero Beans w/cheese
Mixed Fruit
Skim Milk

Snack
Cheez-it's
Orange Juice

Tuesday, September 11

Breakfast
Sausage Biscuit
Peaches

Lunch: Pick One
Cold Plate on Lettuce (Chicken or Tuna salad with Pasta & Fruit Salad)
PB&J Sandwich
Grab and Go Yogurt Bag

Lunch: Sides (will get all)
Baby Carrots & Dip
Mixed Fruit
Skim Milk

Snack
Bug Bites
Apple Juice

Wed., September 12

Breakfast
Fruit Bread
Mixed Fruit

Lunch: Pick One
Chicken Alfredo Bake w/roll
Yogurt Grab & Go Bag
Grilled Chicken Salad

Lunch: Sides (will get all)
Green Beans
Pears
Skim Milk

Snack
Cheese Stick & Crackers
Fruit Punch

Thursday, September 13

Breakfast
Eggo Waffles
Applesauce

Lunch: Pick One
Hamburger on Bun
Ham/Cheese Sandwich
Turkey & Cheese Salad

Lunch: Sides (will get all)
Oven Baked Fries
Peaches
Skim Milk

Snack
Goldfish
Apple Juice

Friday, September 14

Breakfast
String Cheese & Grahams
Pineapple

Lunch: Pick One
Pizza Sticks w/ Marinara
Turkey & Cheese Sandwich
Chef Salad w/ Flatbread

Lunch: Sides (will get all)
Glazed Carrots
Mixed Fruit
Skim Milk

Snack
Pudding Cup
Orange Juice

Monday, September 17

Breakfast
WG Cereal
Applesauce

Lunch: Pick One
Chicken Sandwich on Bun
Ham/Cheese Sandwich
Southwest Chicken Salad

Lunch: Sides (will get all)
Baked Beans
Pears
Skim Milk

Snack
Cheez-it's
Orange Juice

Tuesday, September 18

Breakfast
Sausage Biscuit
Peaches

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

Lunch: Sides (will get all)
Broccoli w/ cheese
Fresh Apple Slices
Skim Milk

Snack
Bug Bites
Apple Juice

Wed., September 19

Breakfast
Pancake Sausage on Stick
Mixed Fruit

Lunch: Pick One
Philly Cheesesteak on Bun
Turkey/Cheese Sub
Grilled Chicken Salad

Lunch: Sides (will get all)
Seasoned Collards
Fresh Grapes
Skim Milk

Snack
Cheese Stick & Crackers
Fruit Punch

Thursday, September 20

Breakfast
Breakfast Pizza
Applesauce

Lunch: Pick One
Chicken Spaghetti
Deli Turkey Sandwich
Chicken Caesar Salad

Lunch: Sides (will get all)
Glazed Carrots
Mixed Fruit
Skim Milk

Snack
Goldfish
Apple Juice

Friday, September 21

Breakfast
Fruit Muffin
Peaches

Lunch: Pick One
Chicken Nuggets & Roll
PB&J Sandwich
Blueberry Parfait

Lunch: Sides (will get all)
Sweet Potato Fries
Applesauce
Skim Milk

Snack
Pudding Cup
Orange Juice

AVAILABLE DAILY

1% lowfat and skim milk choices are available daily !

Students do not have to select milk with their meal !

Sandwich choices must also select fruit/vegetable choice
Parfait choices may also select fruit/vegetable choice
Salad choices may also select fruit/vegetable choice
Grab & Go Bag choices may also select vegetable choice



Monday, September 24

Breakfast
WG Cereal
Applesauce

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

Lunch: Sides (will get all)
Green Beans
Pears
Skim Milk

Snack
Cheez-it's
Orange Juice

Tuesday, September 25

Breakfast
Sausage Biscuit
Peaches

Lunch: Pick One
Hot Cuban Sandwich
Turkey/Cheese Sandwich
Chef Salad

Lunch: Sides (will get all)
Fresh Broccoli/Dip
Mixed Fruit
Skim Milk

Snack
Bug Bites
Apple Juice

Wed., September 26

Breakfast
Fruit Bread
Mixed Fruit

Lunch: Pick One
Mac & Cheese w/ Ham & Roll
Deli Turkey Sandwich
Grilled Chicken Salad

Lunch: Sides (will get all)
Glazed Carrots
Applesauce
Skim Milk

Snack
Cheese Stick & Crackers
Fruit Punch

Thursday, September 27

Breakfast
Eggo Waffles
Applesauce

Lunch: Pick One
Pizza Slice
Chicken Caesar Salad

Lunch: Sides (will get all)
Side Salad Tray w/ dressing
Blueberries
Skim Milk

Snack
Goldfish
Apple Juice

Friday, September 28

Breakfast
String Cheese & Grahams
Pineapple

Lunch: Pick One
PQ Potato Topper (chicken)
PB&J Sandwich

Lunch: Sides (will get all)
Cajun Pintos
Fresh Apple Slices
Skim Milk

Snack
Pudding Cup
Orange Juice

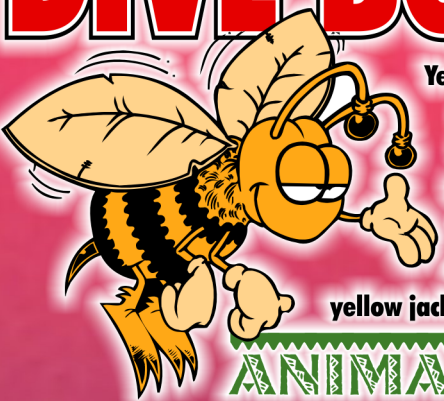
**To help build healthy eating habits...
BREAKFAST AT NO COST
is available to all students in
Grades Pre-K to 5th !!!**

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

Perquimans County Schools have a
NO CHARGE POLICY !!!

Set up your students account today at
www.K12paymentcenter.com

DIVE BOMBER



Yellow jackets just love to attack soda cans this time of year. Why? Well, they've had all summer to build up their populations, and most of their natural food sources are starting to dry up. There's a solution, though – yellow jackets won't go near a bottle of water!

ANIMAL APPETITES

I am the letter

K



koala

Word of the Month

pride

adj. 1. a sense of one's own proper dignity or value; self-respect
2. pleasure or satisfaction taken in a special accomplishment

Don't let your free/reduced price meal application expire.

Applications Available Now !!!

Each student *must* complete a 2018-19 free/reduced price meal application

By September 15 !!!

COMPLETE YOURS NOW !!!!