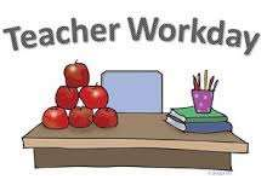




## Hoke County Schools Lunch Menus for March 2023

### Elementary Schools

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>March 1</b> Beefy Nachos Turkey Taco Grilled Cheese Sandwich Diced Tomatoes, Salsa Shredded Lettuce Black Beans, Buttered Corn Pineapple Tidbits Low fat or Fat-Free Milk	<b>March 2</b> Mandarin Orange Chicken Peanut Butter and Jelly Sandwich Chef's Salad w Grilled Chicken Stir Fry Vegetables Glazed Carrots Steamed Rice Mandarin Oranges Breadstick Low fat or Fat-Free Milk	<b>March 3</b> Hot Dog on Bun 4X6 Cheese Pizza Grilled Cheese Sandwich Pinto Beans Seasoned Sweet Potato Fries Strawberry Cup Low fat or Fat Free Milk
<b>March 6</b> Chicken-N-Biscuit  Cheesy Omelet-N-Biscuit Grilled Cheese Sandwich Buttered Corn Pinto Beans Mixed Fruit Low fat or Fat-Free Milk	<b>March 7</b> Bacon and Cheese Eggstravaganza w/ Buttered Grits  Peanut Butter and Jelly Sandwich Grilled Cheese Sandwich Sweet Potato Fries Steamed Broccoli Diced Peaches Low fat or Fat-Free Milk	<b>March 8</b> Chicken-N-Dutch Waffle  Sausage Egg and Cheese Biscuit Grilled Cheese Sandwich Steamed Carrots Green Beans Strawberry Cup Low fat or Fat-Free Milk	<b>March 9</b> French Toast & Sausage Platter  Breakfast Bites Peanut Butter and Jelly Sandwich Seasoned French Fries Savory Spinach w/ Chips Spiced Apples Low fat or Fat-Free Milk	<b>March 10</b> Little Smokies Buttered Grits  Chicken Quesadilla w/ Salsa Grilled Cheese Sandwich Steamed Broccoli Seasoned Potato Tots Mixed Berry Cup Low fat or Fat Free Milk
<b>March 13</b> Wedge Cheese Pizza Corn Dog Grilled Cheese Sandwich Savory Spinach w Chips Buttered Corn Spiced Applesauce Lowfat or Fat Free Milk	<b>March 14</b> Soft Shell Chicken Fajita Peanut Butter and Jelly Sandwich Chef's Salad w Egg/Cheese w Animal Crackers Shredded Cheese, Lettuce, Diced Tomatoes, Salsa Black Beans Buttered Corn Mixed Fruit Lowfat or Fat-Free Milk	<b>March 15</b> Spaghetti w Meat Sauce Hamburger on Bun Grilled Cheese Sandwich Garden Salad Steamed Carrots Spiced Apples Cheesy Bites Lowfat or Fat Free Milk	<b>March 16</b> Corn Dog Peanut Butter and Jelly Sandwich Chef's Salad w Grilled Chicken w/ Saltine Crackers Baked Beans Seasoned French Fries Mixed Fruit Lowfat or Fat Free Milk	<b>March 17</b> Grilled Chicken Sandwich on Bun Veggie Burger on Bun Grilled Cheese Sandwich Green Beans <b>*Fresh Baked Sweet Potato</b> Strawberry Cup Low fat or Fat Free Milk
<b>March 20</b> Chicken Nuggets Veggie Burger on Bun Grilled Cheese Sandwich Steamed Broccoli Mashed Potatoes Mixed Fruit Low fat or Fat Free Milk	<b>March 21</b> Chicken Quesadilla Peanut Butter and Jelly Sandwich Chef's Salad w Grilled Chicken w. Saltine Crackers Salsa Black Beans Buttered Corn Diced Pears Low fat or Fat Free Milk	<b>March 22</b> Chicken with Rice Pork Riblet on Bun Grilled Cheese Sandwich June Peas <b>*Fresh Candied Yams</b> Diced Peaches Breadstick Low fat or Fat-Free Milk	<b>March 23</b> Meatball Sub Peanut Butter and Jelly Sandwich Chef's Salad w Egg/Cheese w Saltine Crackers Spinach Dip w Chips Seasoned Sweet Potato Fries Diced Pears Low fat or Fat-Free Milk	<b>March 24</b> Sloppy Joe on Bun Veggie Burger on Bun Grilled Cheese Sandwich Baked Beans Ranch Seasoned Fries Peach Cup Low fat or Fat Free Milk
<b>March 27</b>  	<b>March 28</b> Chick Fillet on Bun Peanut Butter and Jelly Sandwich Grilled Chicken Wrap Steamed Broccoli Seasoned Sweet Potato Fries Pineapple Tidbits Low fat or Fat Free Milk	<b>March 29</b> Beefy Nachos Bean and Two Cheese Dip Grilled Cheese Sandwich Diced Tomatoes, Salsa Shredded Lettuce Black Beans Buttered Corn Pineapple Tidbits Low fat or Fat-Free Milk	<b>March 30</b> Mandarin Orange Chicken Peanut Butter and Jelly Sandwich Chef's Salad w Grilled Chicken Stir Fry Vegetables Glazed Carrots Steamed Rice Mandarin Oranges Breadstick Low fat or Fat-Free Milk	<b>March 31</b> Hot Dog on Bun Veggie Burger on Bun Grilled Cheese Sandwich Pinto Beans Cheese Fries Strawberry Cup Low fat or Fat Free Milk

## Families Making the Connection

### Dig In to School Breakfast

Updated 2/21/2023

March 6-10 is National School Breakfast Week (NSBW), "Dig In to School Breakfast". NSBW 2023 highlights how eating a nutritious breakfast helps students be successful in the classroom and beyond. Students who participate in school breakfast show improved attendance, behavior, standardized achievement test scores as well as decreased tardiness.

School breakfast is a School Nutrition Program available to all public schools. All children can participate. Most North Carolina schools offer breakfast each school day including a choice of entrée, fruit or 100% juice, and low fat or fat free milk. Every school breakfast served meets federal nutrition standards limiting calories, fat, and sodium.

School breakfast offers several connections to classroom learning—students have the opportunity to eat a healthy breakfast each school morning closer to academic instruction time, students who eat a healthy breakfast are better able to focus on classroom lessons, and students can practice the nutrition lessons they learn in the classroom by making healthy choices with school breakfast. Learn more at

[www.schoolnutrition.org/nsbw](http://www.schoolnutrition.org/nsbw).



## Hoke County School Breakfast Menus for March 2023

### Elementary Schools

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>March 1</b> Cinni Minis Assorted Cereals Graham Crackers Craisins Assorted Juice Lowfat or Fat Free Milk	<b>March 2</b> Sausage Biscuit Assorted Cereals Graham Crackers Diced Pears Assorted Juice Lowfat or Fat Free Milk	<b>March 3</b> Mini Waffles Assorted Cereals Graham Crackers Strawberry Applesauce Cup Assorted Juice Lowfat or Fat Free Milk
<b>March 6</b> Super Cruller Assorted Cereals Graham Crackers Diced Peaches Assorted Juice Lowfat or Fat Free Milk	<b>March 7</b> Pancake Minis Assorted Cereals Graham Crackers Mixed Fruit Assorted Juice Lowfat or Fat Free Milk	<b>March 8</b> French Toast Sticks Assorted Cereals Graham Crackers Diced Peaches Assorted Juice Lowfat or Fat Free Milk	<b>March 9</b> Honey Bun Assorted Cereals Graham Crackers Craisins Assorted Juice Lowfat or Fat Free Milk	<b>March 10</b> Chocolate Chip Muffin Assorted Cereals Graham Crackers Applesauce Cup Assorted Juice Lowfat or Fat Free Milk
<b>March 13</b> Dunkin Stix Assorted Cereals Graham Crackers Diced Peaches Assorted Juice Lowfat or Fat Free Milk	<b>March 14</b> Apple Cinnamon Muffin Assorted Cereals Graham Crackers Applesauce Cup Assorted Juice Lowfat or Fat Free Milk	<b>March 15</b> Cinni Minis Assorted Cereals Graham Crackers Craisins Assorted Juice Lowfat or Fat Free Milk	<b>March 16</b> Sausage Biscuit Assorted Cereals Graham Crackers Diced Pears Assorted Juice Lowfat or Fat Free Milk	<b>March 17</b> Mini Waffles Assorted Cereals Graham Crackers Strawberry Applesauce Cup Assorted Juice Lowfat or Fat Free Milk
<b>March 20</b> Super Cruller Assorted Cereals Graham Crackers Diced Peaches Assorted Juice Lowfat or Fat Free Milk	<b>March 21</b> Pancake Minis Assorted Cereals Graham Crackers Mixed Fruit Assorted Juice Lowfat or Fat Free Milk	<b>March 22</b> French Toast Sticks Assorted Cereals Graham Crackers Diced Peaches Assorted Juice Lowfat or Fat Free Milk	<b>March 23</b> Honey Bun Assorted Cereals Graham Crackers Craisins Assorted Juice Lowfat or Fat Free Milk	<b>March 24</b> Chocolate Chip Muffin Assorted Cereals Graham Crackers Applesauce Cup Assorted Juice Lowfat or Fat Free Milk
<b>March 27</b>  <b>Teacher Workday</b>	<b>March 28</b> Apple Cinnamon Muffin Assorted Cereals Graham Crackers Applesauce Cup Assorted Juice Lowfat or Fat Free Milk	<b>March 29</b> Cinni Minis Assorted Cereals Graham Crackers Craisins Assorted Juice Lowfat or Fat Free Milk	<b>March 30</b> Sausage Biscuit Assorted Cereals Graham Crackers Diced Pears Assorted Juice Lowfat or Fat Free Milk	<b>March 31</b> Mini Waffles Assorted Cereals Graham Crackers Strawberry Applesauce Cup Assorted Juice Lowfat or Fat Free Milk

## Families Making the Connection

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