



Hoke County Schools Breakfast Menus for April 2024

Middle Schools

Monday	Tuesday	Wednesday	Thursday	Friday
April 1 READY, SET... SPRING	April 2 BREAK!	April 3	April 4	April 5
April 8 Super Cruller Assorted Cereal Graham Crackers Diced Peaches Assorted Juice Low-Fat or Fat-Free Milk	April 9 Banana Muffin Assorted Cereal Graham Crackers Diced Pears Assorted Juice Low-Fat or Fat-Free Milk	April 10 Choco Chip French Toast Minis Assorted Cereal Graham Crackers Mandarin Oranges Assorted Juice Low-Fat or Fat-Free Milk	April 11 Sausage Biscuit Assorted Cereal Graham Crackers Strawberry Applesauce Assorted Juice Low-Fat or Fat-Free Milk	April 12 Cinnamon Roll Assorted Cereal Graham Crackers Mixed Fruit Assorted Juice Low-Fat or Fat-Free Milk
April 15 Chicken & Cheese Pancake Sandwich Assorted Cereal Graham Crackers Diced Peaches Assorted Juice Lowfat or Fat Free Milk	April 16 Chocolate Chip Muffin Assorted Cereal Graham Crackers Diced Pears Assorted Juice Lowfat or Fat Free Milk	April 17 French Toast Minis Assorted Cereal Graham Crackers Mandarin Oranges Assorted Juice Lowfat or Fat Free Milk	April 18 Maple Mini Pancake Assorted Cereal Graham Crackers Applesauce Assorted Juice Lowfat or Fat Free Milk	April 19 Breakfast Pizza Assorted Cereal Graham Crackers Mixed Fruit Assorted Juice Lowfat or Fat Free Milk
April 22 Pancake on a Stick Assorted Cereal Graham Crackers Diced Peaches Assorted Juice Low-Fat or Fat-Free Milk	April 23 Blueberry Muffin Assorted Cereal Graham Crackers Diced Pears Assorted Juice Low-Fat or Fat-Free Milk	April 24 French Toast Sticks Assorted Cereal Graham Crackers Mandarin Oranges Assorted Juice Low-Fat or Fat-Free Milk	April 25 Maple Mini Pancake Assorted Cereal Graham Crackers Applesauce Assorted Juice Lowfat or Fat Free Milk	April 26 Honey Bun Assorted Cereal Graham Crackers Mixed Fruit Assorted Juice Low-Fat or Fat-Free Milk
April 29 Dunkin Stix Assorted Cereal Graham Crackers Diced Peaches Assorted Juice Lowfat or Fat Free Milk	April 30 Apple Muffin Assorted Cereal Graham Crackers Diced Pears Assorted Juice Lowfat or Fat Free Milk			

Families Making the Connection

Kale is Cool!

Kale is a green leafy vegetable, part of the cabbage or Brassicaceae family. Kale is grown all over the world. In the United States, California, Georgia, New Jersey, Texas, and North Carolina are the top kale producing states.

Kale is considered a cool-season crop but can be grown and harvested almost year-round. It prefers cooler weather and loamy soil. Kale can survive and may taste sweeter when harvested after a frost.

Kale is considered a superfood—a nutritional powerhouse of vitamins and antioxidants. One cup of raw (loosely packed) kale has about 8 calories and ½ cup of cooked, chopped kale has about 18 calories. Raw and cooked kale are excellent

sources of vitamins A, C and K, cholesterol free and low in fat and sodium.

Fresh, raw kale can be purchased in bunches or washed, chopped and bagged. Kale can also be sold canned, frozen, dried and as juice. Fresh kale is a great addition to a salad, sandwich, wrap or smoothie. Kale can also be boiled, steamed, baked, braised, or sautéed. Avoid using an aluminum pan to cook greens. Try not to overcook. Wash kale thoroughly under clean, running water before cooking or eating.

Kale along with collards, mustard greens, romaine lettuce, spinach, Swiss chard, and turnip greens are dark, leafy greens today! Learn more about kale and other vegetables at <https://bit.ly/3c30kws>.



Hoke County Schools Lunch Menus for April 2024

Middle Schools

Monday	Tuesday	Wednesday	Thursday	Friday
<p>April 1</p> <p>READY, SET...</p> <p>SPRING</p>	<p>April 2</p>	<p>April 3</p>	<p>April 4</p>	<p>April 5</p> <p>BREAK!</p>
<p>April 8</p> <p>Grilled Chicken Sandwich Deep Dish Cheese Pizza Spicy Chicken Sandwich Steamed Broccoli Seasoned Potato Tots Pineapple Tidbits Lowfat or Fat Free Milk</p>	<p>April 9</p> <p>Chicken Quesadilla Soft Shell Beef Taco Black Bean Burger on Bun Pinto Beans Buttered Corn Shredded Cheese Salsa Diced Peaches Lowfat or Fat Free Milk</p>	<p>April 10</p> <p>Spaghetti w/Meatballs Wild Mike's Cheesy Bites w/<i>Marinara Sauce</i> Veggie Burger on Bun Steamed Broccoli Buttered Corn Mixed Fruit Wild Mike's Cheesy Bites Lowfat or Fat Free Milk</p>	<p>April 11</p> <p>Mandarin Orange Chicken Deep Dish Pepperoni Pizza Chef Salad w Egg & Cheese w/ Breadstick Stir Fry Vegetables Candied Yams *Steamed NC Heirloom Rice Mandarin Oranges Breadstick Lowfat or Fat Free Milk</p>	<p>April 12</p> <p>Sloppy Joe on Bun Deep Dish Pepperoni Pizza Veggie Burger on Bun Seasoned French Fries Baked Beans Peach Cup Dinner Roll Lowfat or Fat Free Milk</p>
<p>April 15</p> <p>Chicken Nuggets Wedge Cheese Pizza Honey Sriracha Chicken Steamed Broccoli Mashed Potatoes Diced Pears Dinner Roll Lowfat or Fat Free Milk</p>	<p>April 16</p> <p>Meatball Sub Deep Dish Pepperoni Pizza Chef's Salad w Grilled Chicken w/ Dinner Roll Pinto Beans Steamed Carrots Diced Peaches Lowfat or Fat Free Milk</p>	<p>April 17</p> <p>Beefy Nachos Chicken Quesadilla Black Bean Burger on Bun Black Beans Buttered Corn Steamed Lettuce Salsa Diced Tomatoes Mixed Fruit Lowfat or Fat Free Milk</p>	<p>April 18</p> <p>General Tso's Chicken Wedge Pepperoni Pizza Chef Nacho Salad w Chips Stir Fry Vegetables Steamed Green Beans Steamed Rice Mandarin Oranges Garlic Breadstick Lowfat or Fat Free Milk</p>	<p>April 19</p> <p>Hot Dog on Bun Wedge Cheese Pizza Black Bean Burger on Bun Seasoned Sweet Potato Waffle Fries Baked Beans *Fresh NC Berry Medley Dinner Roll Lowfat or Fat Free Milk</p>
<p>April 22</p> <p>Chicken Tenders & Dutch Waffle Egg & Cheese Biscuit Wedge Pepperoni Pizza Hash Rounds Steamed Broccoli Diced Peaches Dried Cranberries 100% Juice Box Lowfat or Fat Free Milk</p>	<p>April 23</p> <p>Soft Shell Beef Taco Chicken Quesadilla Chef's Salad w Grilled Chicken w/ Dinner Roll Black Beans, Buttered Corn Shredded Lettuce Shredded Cheese, Salsa Diced Tomatoes Spiced Applesauce Lowfat or Fat Free Milk</p>	<p>April 24</p> <p>Oven Roasted Chicken Corn Dog Black Bean Burger on Bun Steamed Broccoli Glazed Carrots Dinner Roll Mixed Fruit Lowfat or Fat Free Milk</p>	<p>April 25</p> <p>Asian Zing Meatballs Spicy Chicken Biscuit Chef's Salad w Egg & Cheese w Breadstick Stir Fry Vegetables Candied Yams Steamed Rice Breadstick Spiced Apples Lowfat or Fat Free Milk</p>	<p>April 26</p> <p>Cheeseburger on Bun Wedge Cheese Pizza Veggie Burger on Bun Seasoned French Fries Baked Beans Candied Yams Strawberry Cup Dinner Roll Lowfat or Fat Free Milk</p>
<p>April 29</p> <p>Chick Fillet Sandwich Black Bean Burger on Bun Sausage, Egg & Cheese Biscuit Steamed Broccoli Seasoned Potato Tots Pineapple Tidbits Lowfat or Fat Free Milk</p>	<p>April 30</p> <p>Soft Shell Chicken Fajita Chicken Quesadilla Chef's Salad w Chicken Fajita w Breadstick Pinto Beans, Buttered Corn Shredded Lettuce Shredded Cheese, Salsa Diced Tomatoes Applesauce Lowfat or Fat Free Milk</p>			

Updated 3/13/2024