





# Hoke County Schools Breakfast Menus for May 2024

## PreK Schools

Monday	Tuesday	Wednesday	Thursday	Friday
		May 1 French Toast Minis Assorted Cereal Mandarin Oranges Lowfat or Fat Free Milk	May 2 Chicken Biscuit Assorted Cereal Assorted Juice Low-Fat or Fat-Free Milk	May 3 Mini Waffles Assorted Cereal Mixed Fruit Low-Fat or Fat-Free Milk
May 6 Pancake on Stick Assorted Cereal Diced Peaches Low-Fat or Fat-Free Milk	May 7 Banana Muffin Assorted Cereal Assorted Juice Low-Fat or Fat-Free Milk	May 8 French Toast Stix Assorted Cereal Mandarin Oranges Low-Fat or Fat-Free Milk	May 9 Sausage Biscuit Assorted Cereal Assorted Juice Low-Fat or Fat-Free Milk	May 10 Mini Waffles Assorted Cereal Mixed Fruit Low-Fat or Fat-Free Milk
May 13 Breakfast Bites Assorted Cereal Diced Peaches Low-Fat or Fat-Free Milk	May 14 Apple Muffin Assorted Cereal Assorted Juice Low-Fat or Fat-Free Milk	May 15 French Toast Minis Assorted Cereal Mandarin Oranges Lowfat or Fat Free Milk	May 16 Chicken Biscuit Assorted Cereal Assorted Juice Low-Fat or Fat-Free Milk	May 17 Mini Waffles Assorted Cereal Mixed Fruit Low-Fat or Fat-Free Milk
May 20 Pancake on Stick Assorted Cereal Diced Peaches Low-Fat or Fat-Free Milk	May 21 Banana Muffin Assorted Cereal Assorted Juice Low-Fat or Fat-Free Milk	May 22 French Toast Stix Assorted Cereal Mandarin Oranges Low-Fat or Fat-Free Milk	May 23 Sausage Biscuit Assorted Cereal Assorted Juice Low-Fat or Fat-Free Milk	May 24 Mini Waffles Assorted Cereal Mixed Fruit Low-Fat or Fat-Free Milk
May 27 	May 28 Apple Muffin Assorted Cereal Assorted Juice Low-Fat or Fat-Free Milk	May 29 French Toast Minis Assorted Cereal Mandarin Oranges Lowfat or Fat Free Milk	May 30 Chicken Biscuit Assorted Cereal Assorted Juice Low-Fat or Fat-Free Milk	May 31 

## Families Making the Connection

### Strawberries are Sweet!

Strawberries are fruits that grow on small plants. Strawberries can be available year-round. Peak season in the United States is May to July and in North Carolina is mid-April to mid-June. Did you know May is National Strawberry Month?

The Strawberry is the official North Carolina State Red Berry. North Carolina is the 4<sup>th</sup> largest strawberry producer in the nation. North Carolina has many "pick your own" farms. Find one near you at [GottoBeNC.com](http://GottoBeNC.com).



Strawberries change colors as they ripen. They start as green and go from white to pink and finally to red when they are ripe and ready to be harvested. Strawberries will not ripen after picking. Choose strawberries with a solid red color and very little green or white. Strawberries should not have any mold or damage. The green caps should look fresh.

Strawberries are fun to eat fresh, whole or sliced, as a snack or side to a meal. You can add them to salads. Mix with low fat yogurt. Use as a topping for waffles, pancakes, or cereal. Or blend into smoothies. Wash your strawberries thoroughly under clean, running water before preparing or eating.

Strawberries are a superfood—packed with nutrients. Not only are strawberries deliciously sweet but they also help keep you healthy. Strawberries are an excellent source of vitamin C and a good source of fiber. A cup of whole strawberries has around 50 calories and 140 percent of the vitamin C Daily Value. Strawberries are cholesterol free and low in fat and sodium. Eight strawberries contain more vitamin C than one orange! Learn more about strawberries and other fruits and vegetables at <https://bit.ly/3c30kws>.



## Hoke County Schools Lunch Menus for May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>*NC Farm-to-School</b> 	<b>May 1</b> Deep Dish Cheese Pizza Pinto Beans Mixed Fruit Lowfat or Fat Free Milk	<b>May 2</b> Oven Roasted Chicken Steamed Broccoli Dinner Roll Mixed Fruit Lowfat or Fat Free Milk	<b>May 3</b> Hot Dog on Bun Seasoned French Fries <b>*Fresh NC Strawberries</b> Lowfat or Fat Free Milk
<b>May 6</b> Grilled Chicken Biscuit Steamed Broccoli Pineapple Tidbits Lowfat or Fat Free Milk	<b>May 7</b> Chicken Quesadilla Buttered Corn Salsa Diced Peaches Lowfat or Fat Free Milk	<b>May 8</b> Spaghetti w/Meatballs Steamed Carrots Mixed Fruit Lowfat or Fat Free Milk	<b>May 9</b> Mandarin Orange Chicken Stir Fry Vegetables <b>*Steamed Heirloom Carolina Gold Rice</b> Mandarin Oranges Lowfat or Fat Free Milk	<b>May 10</b> Sloppy Joe on Bun Baked Beans <b>*Fresh NC Strawberries</b> Lowfat or Fat Free Milk
<b>May 13</b> Chicken Nuggets Steamed Broccoli Diced Pears Dinner Roll Lowfat or Fat Free Milk	<b>May 14</b> Meatball Sub Pinto Beans Diced Peaches Lowfat or Fat Free Milk	<b>May 15</b> Beefy Nachos Buttered Corn Salsa Mixed Fruit Lowfat or Fat Free Milk	<b>May 16</b> General Tso's Chicken Stir Fry Vegetables <b>*Steamed Heirloom Carolina Gold Rice</b> Mandarin Oranges Lowfat or Fat Free Milk	<b>May 17</b> Hot Dog on Bun Seasoned Sweet Potato Waffle Fries <b>*Fresh NC Strawberries</b> Lowfat or Fat Free Milk
<b>May 20</b> Chicken Tenders & Dutch Waffle Hash Rounds Diced Peaches Lowfat or Fat-Free Milk	<b>May 21</b> Soft Shell Beef Taco Black Beans Salsa <b>*Fresh NC Blueberries</b> Lowfat or Fat Free Milk	<b>May 22</b> Hamburger Steak w. Gravy Glazed Carrots <b>*Steamed Heirloom Carolina Gold Rice</b> Mixed Fruit Lowfat or Fat Free Milk	<b>May 23</b> Asian Zing Meatballs <b>*Fresh NC Steamed Broccoli</b> <b>*Steamed Heirloom Carolina Gold Rice</b> Diced Peaches Lowfat or Fat Free Milk	<b>May 24</b> Cheeseburger on Bun Seasoned French Fries <b>*Fresh NC Strawberries</b> Lowfat or Fat Free Milk
<b>May 27</b> 	<b>May 28</b> Wedge Pepperoni Pizza Steamed Carrots Mixed Fruit Lowfat or Fat Free Milk	<b>May 29</b> Chick Fillet Sandwich <b>*Fresh NC Steamed Broccoli</b> Pineapple Tidbits Lowfat or Fat Free Milk	<b>May 30</b> Hot Dog on Bun Baked Beans Diced Peaches Lowfat or Fat Free Milk	<b>May 31</b> 