



Hoke County Schools Breakfast Menus for April 2024

PreK Schools

Monday	Tuesday	Wednesday	Thursday	Friday
April 1 READY, SET... SPRING	April 2 BREAK!	April 3	April 4	April 5
April 8 Pancake on Stick Assorted Cereal Diced Peaches Low-Fat or Fat-Free Milk	April 9 Banana Muffin Assorted Cereal Assorted Juice Low-Fat or Fat-Free Milk	April 10 French Toast Stix Assorted Cereal Mandarin Oranges Low-Fat or Fat-Free Milk	April 11 Sausage Biscuit Assorted Cereal Assorted Juice Low-Fat or Fat-Free Milk	April 12 Mini Waffles Assorted Cereal Mixed Fruit Low-Fat or Fat-Free Milk
April 15 Breakfast Bites Assorted Cereal Diced Peaches Low-Fat or Fat-Free Milk	April 16 Apple Muffin Assorted Cereal Assorted Juice Low-Fat or Fat-Free Milk	April 17 French Toast Minis Assorted Cereal Mandarin Oranges Lowfat or Fat Free Milk	April 18 Chicken Biscuit Assorted Cereal Assorted Juice Low-Fat or Fat-Free Milk	April 19 Pancake Mini Assorted Cereal Mixed Fruit Low-Fat or Fat-Free Milk
April 22 Pancake on Stick Assorted Cereal Diced Peaches Low-Fat or Fat-Free Milk	April 23 Banana Muffin Assorted Cereal Assorted Juice Low-Fat or Fat-Free Milk	April 24 French Toast Stix Assorted Cereal Mandarin Oranges Low-Fat or Fat-Free Milk	April 25 Sausage Biscuit Assorted Cereal Assorted Juice Low-Fat or Fat-Free Milk	April 26 Mini Waffles Assorted Cereal Mixed Fruit Low-Fat or Fat-Free Milk
April 29 Breakfast Bites Assorted Cereal Diced Peaches Low-Fat or Fat-Free Milk	April 30 Apple Muffin Assorted Cereal Assorted Juice Low-Fat 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. Try kale and other dark, leafy greens today! Learn more about kale and other vegetables at <https://bit.ly/3c30kws>.



Hoke County Schools Lunch Menus for April 2024

PreK 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 Steamed Broccoli Pineapple Tidbits Lowfat or Fat Free Milk</p>	<p>April 9</p> <p>Chicken Quesadilla Pinto Beans Salsa Diced Peaches Lowfat or Fat Free Milk</p>	<p>April 10</p> <p>Spaghetti w/Meatballs Buttered Corn Mixed Fruit Lowfat or Fat Free Milk</p>	<p>April 11</p> <p>Mandarin Orange Chicken Candied Yams *Steamed NC Heirloom Rice Mandarin Oranges Lowfat or Fat Free Milk</p>	<p>April 12</p> <p>Sloppy Joe on Bun Seasoned French Fries Diced Peaches Lowfat or Fat Free Milk</p>
<p>April 15</p> <p>Chicken Nuggets Mashed Potatoes Diced Pears Dinner Roll Lowfat or Fat Free Milk</p>	<p>April 16</p> <p>Meatball Sub Steamed Carrots Diced Peaches Lowfat or Fat Free Milk</p>	<p>April 17</p> <p>Beefy Nachos Buttered Corn Salsa Mixed Fruit Lowfat or Fat Free Milk</p>	<p>April 18</p> <p>General Tso's Chicken Stir Fry Vegetables Steamed Rice Mandarin Oranges Lowfat or Fat Free Milk</p>	<p>April 19</p> <p>Hot Dog on Bun Baked Beans Diced Peaches Lowfat or Fat Free Milk</p>
<p>April 22</p> <p>Chicken Tenders Savory Spinach w Chips Diced Peaches Lowfat or Fat Free Milk</p>	<p>April 23</p> <p>Soft Shell Beef Taco Black Beans Salsa Spiced Applesauce Lowfat or Fat Free Milk</p>	<p>April 24</p> <p>Oven Roasted Chicken Glazed Carrots Dinner Roll Mixed Fruit Lowfat or Fat-Free Milk</p>	<p>April 25</p> <p>Asian Zing Meatballs Stir Fry Vegetables Steamed Rice Spiced Apples Lowfat or Fat Free Milk</p>	<p>April 26</p> <p>Cheeseburger on Bun Seasoned French Fries Mixed Fruit Dinner Roll Lowfat or Fat Free Milk</p>
<p>April 29</p> <p>Chick Fillet Sandwich Seasoned Potato Tots Pineapple Tidbits Lowfat or Fat Free Milk</p>	<p>April 30</p> <p>Soft Shell Chicken Fajita Pinto Beans Salsa Applesauce Lowfat or Fat Free Milk</p>			

Updated 3/13/2024