





Hoke County Schools Breakfast Menus for April 2024

SandHoke Early College

Monday	Tuesday	Wednesday	Thursday	Friday
April 1 	April 2	April 3 Cinni Minis Assorted Cereal Mandarin Oranges Assorted Juice Lowfat or Fat Free Milk	April 4 Confetti Mini Pancake Pancake on a Stick Assorted Cereal Applesauce Assorted Juice Lowfat or Fat Free Milk	April 5 Breakfast Pizza Assorted Cereal Mixed Fruit Assorted Juice Lowfat or Fat Free Milk
April 8 Super Cruller Assorted Cereal Diced Peaches Assorted Juice Low-Fat or Fat-Free Milk	April 9 Banana Muffin Chicken & Cheese Pancake Sandwich Assorted Cereal Diced Pears Assorted Juice Low-Fat or Fat-Free Milk	April 10 Choco Chip French Toast Minis Assorted Cereal Mandarin Oranges Assorted Juice Low-Fat or Fat-Free Milk	April 11 Sausage Biscuit Pancake on a Stick Assorted Cereal Strawberry Applesauce Assorted Juice Low-Fat or Fat-Free Milk	April 12 Cinnamon Roll Assorted Cereal Mixed Fruit Assorted Juice Low-Fat or Fat-Free Milk
April 15 Chicken & Cheese Pancake Sandwich Assorted Cereal Diced Peaches Assorted Juice Lowfat or Fat Free Milk	April 16 Chocolate Chip Muffin Chicken & Cheese Pancake Sandwich Assorted Cereal Diced Pears Assorted Juice Lowfat or Fat Free Milk	April 17 French Toast Minis Assorted Cereal Mandarin Oranges Assorted Juice Lowfat or Fat Free Milk	April 18 Maple Mini Pancake Pancake on a Stick Assorted Cereal Applesauce Assorted Juice Lowfat or Fat Free Milk	April 19 Breakfast Pizza Assorted Cereal Mixed Fruit Assorted Juice Lowfat or Fat Free Milk
April 22 Pancake on a Stick Assorted Cereal Diced Peaches Assorted Juice Low-Fat or Fat-Free Milk	April 23 Blueberry Muffin Chicken & Cheese Pancake Sandwich Assorted Cereal Diced Pears Assorted Juice Low-Fat or Fat-Free Milk	April 24 French Toast Sticks Assorted Cereal Mandarin Oranges Assorted Juice Low-Fat or Fat-Free Milk	April 25 Maple Mini Pancake Pancake on a Stick Assorted Cereal Applesauce Assorted Juice Lowfat or Fat Free Milk	April 26 Honey Bun Assorted Cereal Mixed Fruit Assorted Juice Low-Fat or Fat-Free Milk
April 29 Dunkin Stix Assorted Cereal Diced Peaches Assorted Juice Lowfat or Fat Free Milk	April 30 Apple Muffin Chicken & Cheese Pancake Sandwich Assorted Cereal Diced Pears Assorted Juice Lowfat or Fat Free Milk	 <p>Grab-N-Go Options Offered Daily</p> <p>**Mon, Wed & Fri** Assorted WG Pop Tart, Fruit Cup, & 100% Fruit Juice Mini Powdered Doughnuts, Fruit, & 100% Fruit Juice</p> <p>**Tues & Thurs** Yogurt, Graham Crackers, Fruit Cup, & 100% Fruit Juice</p>		

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

SandHoke Early College

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

UPDATED 3/18/2024

