Menus for May & June 2017

Perquimans County Schools

This institution is an equal opportunity provider.
Menus are subject to change.

Monday, May 1

Breakfast
Warm Muffin

Lunch
Chicken Nuggets & Sauce
Bacon Cheeseburger on Bun (HS)
Whole Kernel Corn
Seasoned Green Beans
Peaches
Mixed Fruit

Grab & Go
Chef Salad or
Yogurt & Cheese Munchie Pak

Tuesday, May 2

Breakfast
Sausage Biscuit

Lunch
Hot Dog on Bun w/ chili
Hot Ham/Cheese on Bun (HS Only)
Oven Baked Fried
Baked Beans
Diced Pears
Applesauce Cup (HS Only)

Grab & Go
Chicken Fajita Salad or
Turkey/Cheese Sandwich Munchie Pak

Wednesday, May 3

Breakfast
PopTart Variety

Lunch
Chicken Filet on Bun
Hamburger on Bun (HS)
Glazed Carrots
Sweet Potato Puffs
Chilled Mixed Fruit
Peaches (HS Only)

Grab & Go
Cobb Salad or
Yogurt/Cheese Munchie Pack

Thursday, May 4

Breakfast
Breakfast Pizza

Lunch
Hamburger Steak & Gravy
WG Roll
Cold Cut Sub (HS Only)
Mashed Potatoes/Gravy
Steamed Broccoli
Crustless Apple Pie
Peach Cups (HS Only)

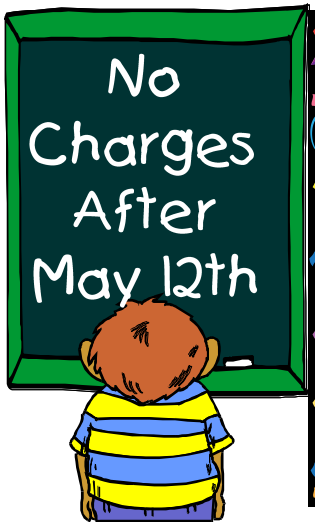
Grab & Go
Grilled Chicken Salad or
Ham& Cheese Sandwich Munchie Pack

Friday, May 5

Breakfast
Warm Super Donut

Lunch
Cheese or Pepperoni Pizza
Meatball Sub (HS Only)
Green Peas
Baby Carrots/Dip
Strawberry Cups
Fresh Apple

Grab & Go
Chicken Caesar Salad or
Yogurt & Cheese Munchie Pack



Monday, May 8

Breakfast
Warm Cinnamon Roll

Lunch
Turkey/Cheese Sub
Chicken Filet (HS Only)
Lettuce/Tomato Slices
Oven Baked Fries
Steamed Broccoli/Cheese
Applesauce Cups
Chilled Pears

Grab & Go
Chef Salad or
Yogurt/Cheese Munchie Pack

Tuesday, May 9

Breakfast
Cheese Biscuit

Lunch
Tuna Salad or Ham/Cheese
Sandwich w/ chips
Cheeseburger on Bun (HS Only)
Seasoned Green Beans
Baby Carrots/Dip
Blueberry Cups
Strawberry Cups

Grab & Go
Chicken Fajita Salad or
PB&J Munchie Pack

Wednesday, May 10

Breakfast
Yogurt Parfait

Lunch
Chicken Taco's w/chips
Scoopin' Taco's (HS Only)
Fresh Lettuce & Tomato
Trimmings w/Salsa
Cajun Pinto Beans
Apricot Cups
Pineapple Tidbits

Grab & Go
Cobb Salad or
Yogurt/Cheese Munchie Pack

Thursday, May 11

Breakfast
Warm Sweet Bread Slices

Lunch
Baked Spaghetti & Roll
Cheeseburger on Bun (HS Only)
Sweet Potato Puffs
Green Peas
Peaches
Strawberry Cups (HS)

Grab & Go
Chicken Fajita Salad or
PB&J Munchie Pack

Friday, May 12

Breakfast
Breakfast Pizza

Lunch
Cheeseburger on Bun
Ham/Cheese Sub (HS Only)
Sweet Potato Puffs
Whole Kernel Corn
Applesauce Cup
Strawberry Cups

Grab & Go
Grilled Chicken Salad or
Yogurt/Cheese Munchie Pack

Thanks, Mom!

Happy Mother's Day
Sunday, May 14

Monday, May 15

Breakfast
Warm Fruit Muffin

Lunch
Pizza Sticks w/ Marinara Dip
Chicken Fajita Salad (HS Only!)
Green Beans
Glazed Carrots
Fresh Sliced Apples
Fresh Orange Slices (HS Only)

Grab & Go
Chef Salad or
Yougurt/Cheese Munchie Pack

Tuesday, May 16

Breakfast
Sausage Biscuit

Lunch
Eastern NC BBQ on Bun
Bacon Cheeseburger (HS Only!)
Seasoned Green Peas
Creamy Cole Slaw
Black Eye Peas
Pears
Pineapple Tidbits (HS Only)

Grab & Go
Chicken Fajita Salad or
Ham/Cheese Munchie Pack

Wednesday, May 17

Breakfast
PopTart Variety

Lunch
Cheeseburger on Bun
Chicken Filet on Bun (HS Only)
Seasoned Green Beans
Oven Baked Fries
Applesauce Cup
Strawberry Cups

Grab & Go
Cobb Salad or
Yogurt/Cheese Munchie Pack

Thursday, May 18

Breakfast
Breakfast Pizza

Lunch
Roasted Chicken w/WG Roll
Cold Cut Sub (HS Only)
Mashed Potatoes/Gravy
Steamed Broccoli
Fresh Apples
Peach Cups (HS Only)

Grab & Go
Grilled Chicken Salad or
Ham& Cheese Sandwich Munchie Pack

Friday, May 19

Breakfast
Super Donut

Lunch
Pop Corn Chicken (Central)
Spicy Wing Basket
SunChips
Carrot & Celery Cups w/dip
Seasoned Green Beans
Mixed Dried Fruit
Peaches (HS Only)

Grab & Go
Chicken Caesar Salad or
Yogurt/Cheese Munchie Pack

Monday, May 22

Breakfast
Warm Cinnamon Roll

Lunch
Mini Corn Dogs/ sauce
Chicken Filet (HS Only)
Green Peas
Oven Baked Fries
Applesauce Cups
Chilled Pears

Grab & Go
Chef Salad or
Yogurt/Cheese Munchie Pack

Tuesday, May 23

Breakfast
Cheese Biscuit

Lunch
Breakfast for Lunch
Pancakes/ Eggs/ Sausage Patty
Sweet Potato Puff's
Spiced Apple's
Cherry Crisp

Grab & Go
Chicken Fajita Salad or
Ham/Cheese Munchie Pack

Wednesday, May 24

Breakfast
Yogurt Parfait

Lunch
Chicken Alfredo Bake
Green Beans
Seasoned Black Eye Peas
Texas Toast
Fresh Apples
Mixed Fruit

Grab & Go
Cobb Salad or
Yogurt/Cheese Munchie Pack

Thursday, May 25

Breakfast
Breakfast Pizza

Lunch
Turkey & Cheese Subs
Lettuce & Tomato Slices
Broccoli/Carrots w/ Dip
Peaches
Pear Halves

Cookie Day
Grab & Go
Grilled Chicken Salad or
Yogurt/Cheese Munchie Pack

Friday, May 26

Breakfast
Warm Sweet Bread Slice

Lunch
Scoopin' Taco's (Beef)
Chicken Fajita (HS Only)
Chips
Lettuce/Tomato &Salsa
Trimmings
Cajun Pinto's
Pineapple Tidbits
Applesauce Cups (HS Only)
Grab & Go
Chicken Caesar Salad or
Cheese/Cracker Munchie Pak

Monday, May 29

Tuesday, May 30

Breakfast
Warm Fruit Muffin

Lunch
Chicken Nuggets & WG Roll
Managers's Choice (HS)
Potato Roasters
Seasoned Green Beans
Peaches
Mixed Dried Fruit

Grab & Go
Cobb Salad or
Yogurt & Cheese Munchie Pak

Wednesday, May 31

Breakfast
Sausage Biscuit

Lunch
Cheese or Pepperoni Pizza
Manager's Choice (HS Only)
Golden Corn
Glazed Carrot Coins
Peaches
Applesauce

Grab & Go
Chicken Caesar Salad or
Yogurt & Cheese Munchie Pack

Thursday, June 1

Breakfast
Warm Sweet Bread Slices

Lunch
Scoopin' Taco's w/chips
Manager's Choice (HS Only)
Cajun Pinto Beans
Lettuce/Tomato/Salsa
Pears
Applesauce

Grab & Go
Manager's Choice Fresh Salad

Friday, June 2

Breakfast
Cheese Biscuit

Lunch
Hot Dog w/ chili
Manager's Choice (HS Only)
Oven Baked Fries
Green Beans
Peaches
Blueberry Cups

Grab & Go
Yogurt and Cheese Munchie Pack

Notes.....

Students must choose a fruit or vegetable at all meals. May choose both.

A Variety of Milk Choices are available at all meals !!!

School Breakfast Prices for 2016-17
Paid Student = $1.35
Reduced Price Student = Free
(due to state funding)
Adults pay per item chosen.

No meal charges will be allowed after May 12th....remember to bring your money!!!

School Lunch Prices for 2016-17
Paid Student = $2.35 PK-8
$2.60 9-12
Reduced Price Student = $0.40
Adults pay per item chosen.

Monday, June 5

Breakfast
Warm Cinnamon Roll

Lunch
Cheese or Pepperoni Pizza
Manager's Choice (HS Only)
Green Peas
Glazed Carrots
Pears
Peaches

Grab & Go
Yogurt & Cheese Munchie Pack

Tuesday, June 6

Breakfast
Warm Super Donut

Lunch
Cheeseburger
Manager's Choice (HS Only)
Black-eye Peas
Broccoli w/ cheese
Spiced Apples
Peach Cups

Grab & Go
Yogurt & Cheese Munchie Pack

Wednesday, June 7

Breakfast
Pop Tart Variety

Lunch
Baked Spaghetti
Manager's Choice (HS Only)
Texas Toast
Green Beans
Baby Carrots/Dip
Peaches
Mixed Fruit

No Grab & Go Today

Thursday, June 8

Breakfast
Strawberry Parfaits

Lunch
Hot Ham & Cheese Sandwich
Manager's Choice (HS Only)
Golden Corn
Green Peas
Applesauce
Pears

No Grab & Go Today

Friday, June 9

Early Release
Breakfast
Warm Fruit Muffin

Lunch
Cheeseburger on Bun
Corn & Lima Beans
Green Beans
Spiced Apples
Pears

No Grab and Go Today