

NO COST ALVERIONS

Not only do kids eat more in the winter, they also tend to exercise les

Even if it's cold where you live, you still need to be moving for a total of at least an hour a day! Some of that can happen indoors, but there's plenty of outside activities that can keep you warm, too!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER **WELLNESS IS A WAY OF LIFE!**

PCS 9-12 Menus

This institution is an equal opportunity provider. Menus

Monday, December 1 Tuesday, December 2 Wednesday, December 3

Breakfast Mini Cinnis

Applesauce

Lunch

Chicken Filet Sandwich Cheese Sticks w/ Marinara Sauce **Green Beans Baby Carrots** Banana

Breakfast

Blueberry Mini Loaf w/ Yogurt Banana

Lunch

Scoopin' Taco Beef Fiestada Pizza w/ Salsa Fiesta Beans Fresh Apple

Breakfast

Pizza Bagel Craisins

Lunch

Grilled Cheese Sandwich Hotdog on Bun Roasted Potatoes Corn Vegetable Soup Frozen Fruit Cup

Thursday, December 4

Breakfast

French Toast Sticks Mandarin Orange Cup

Lunch

Chicken Chunks **Baked Spaghetti** w/ Roll Collards Sweet Potato Souffle Raisels Froot Juice

Friday, December 5

Breakfast

Powdered Mini **Doughnuts** Raisels

Lunch

Cheese or Pepperoni Pizza Chicken Quesadilla Green Beans California Blend w/ Cheese Sauce Fresh Orange

Check Our Site!

For more information on nutritionals, carb counts, and answers to FAQ's please visit

www.pitt.k12.nc.u s/Page/85

Breakfast Banana or

Pumpkin Bread Applesauce

Lunch

Chicken Terivaki Ramen Mozzarella Sticks w/ Marinara Sauce Corn **Cucumber Slices** Banana

Breakfast

Blueberry Muffin Craisins

Lunch

Chicken Filet Sandwich **Beefv Tostitos** Sweet Potato Fries Collards Grapes

Monday, December 8 Tuesday, December 9 Wednesday, December 10 Thursday, December 11

Breakfast

Chicken Waffle Sandwich Fresh Apple

Lunch

Beefaroni w/ Breadstick Mini Corn Dogs Texas Beans **Cheesy Spinach** Frozen Fruit Cup

Breakfast

Cinnamon Toast Crunch Pastry Raisels

Lunch

Chicken Chunks w/ **Dutch Waffle** Pork Chop Sandwich Green Beans Mashed Potatoes Fruit Crisp

Friday, December 12

Breakfast

Chicken/Turkev Pancake on a Stick Mandarin Orange Cup

<u>Lunch</u>

Cheese or Pepperoni Pizza Chicken Wings w/ Roll Glazed Carrots Broccoli w/ Cheese Sauce **Applesauce**

Offered Daily

- Fresh Salads
- Wraps
- Sandwiches
- **Protein Bento Boxes**

Offered Daily on a Rotating **Basis**







Available Dailv

Breakfast

100% Fruit Juice. Milk

Lunch

Fresh Fruit or Vegetable, 100% Juice Milk



This month: "Caesar Salad"

aesar Salad was invented by (and named for) Caesar Cardini, an Italian immigrant to the U.S. who owned restaurants in San Diego, California and nearby Tijuana, Mexico in the 1920's.

Legend has it that, on one especially busy day, his kitchen ran out of most food and so improvised



preparation to fool customers into thinking

getting something special!

Cardini's recipe included raw egg and anchovies, but today's standard Caesar Salad features romaine lettuce, Parmesan cheese, croutons, creamy Caesar dressing (without the raw egg!) or vinaigrette, and sometimes grilled chicken. Thanks, Mr. Cardini!

Monday, December 15

Breakfast Cinnamon Roll **Applesauce**

Lunch

Holiday Chicken Nugget w/ Biscuit Cheese Calzone w/ Marinara Sauce **Mashed Potatoes Diced Pears**

Tuesday, December

Breakfast Chicken Sausage Biscuit Fresh Apple

Lunch

Turkev in Gravv Stuffing Mini Corn Dogs Sweet Potato Souffle Broccoli w/ Cheese Sauce Banana

Wednesday, December 17 Thursday, December 18 **Breakfast**

Mini Bagel Craisins

Lunch

Buffalo Chicken Pasta w/ Breadstick Cheeseburger Veggie Burger French Fries **Green Beans** Fresh Apple

Breakfast

Mini Pancakes Mandarin Orange Cup

Lunch

Barbecue on Bun w/ Hushpuppies Cheese Sticks w/ Marinara Sauce Coleslaw **Baked Beans Diced Peaches**

Breakfast

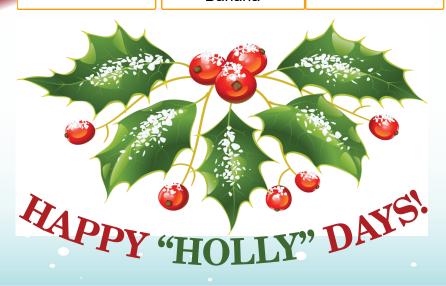
Friday, December 19

Super Donut . Raisels

Lunch

Peanut Butter & Jelly Sandwich Turkey & Cheese Anytimer Stuffed Pepperoni Sandwich w/ Marinara Sauce Mango Punch Baby Carrots

Apple Sauce





again in 2026!

Winter Holiday begins at the end of classes Friday, December 19

Classes resume Monday, January 5