



YOU'RE GOOD
ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG

OUT COLD.

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

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

Breakfast

Mini Cinnis
Applesauce

Lunch

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

Tuesday, December 2

Breakfast

Blueberry Mini
Loaf w/ Yogurt
Banana

Lunch

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

Wednesday, December 3

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

*Enjoy a Special
Holiday Cookie
with Your Lunch
Tray on
December 7th!*

Check Our Site!
 For more information on
 nutritionals, carb
 counts, and
 answers to FAQ's
 please visit
www.pitt.k12.nc.us/Page/85

Monday, December 8

Breakfast

Banana or
Pumpkin Bread
Applesauce

Lunch

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

Tuesday, December 9

Breakfast

Blueberry Muffin
Craisins

Lunch

Chicken Filet
Sandwich
Beefy Tostitos
Sweet Potato Fries
Collards
Grapes

Wednesday, December 10

Breakfast

Chicken Waffle
Sandwich
Fresh Apple

Lunch

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

Thursday, December 11

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/Turkey
Pancake on a Stick
Mandarin Orange
Cup

Lunch

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 Daily

Breakfast
100% Fruit Juice,
Milk

Lunch
Fresh Fruit or
Vegetable,
100% Juice
Milk

Where do all of our
crazy names for
food come
from?



**WORDS
OF
MOUTH**

This month: "Caesar Salad"

Caesar 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 an elaborate tableside salad-tossing



preparation to fool customers into thinking they were 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

Turkey in Gravy
Stuffing
Mini Corn Dogs
Sweet Potato
Souffle
Broccoli w/ Cheese
Sauce
Banana

Wednesday, December 17

Breakfast

Mini Bagel
Craisins

Lunch

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

Thursday, December 18

Breakfast

Mini Pancakes
Mandarin Orange
Cup

Lunch

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

Friday, December 19

Breakfast

Super Donut
Raisels

Lunch

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



**We'll see you
again in 2026!**

Winter Holiday begins
at the end of classes

Friday, December 19

Classes resume

Monday, January 5