



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 K-8 Menus

This institution is an equal opportunity provider. Menus

Monday, December 1

Breakfast
 Mini Cinnis
 Applesauce

Lunch
 Rotisserie Chicken
 w/ Roll
 Cheese Sticks w/
 Marinara Sauce
 Glazed Carrots
 Mashed Potatoes
 Banana

Tuesday, December 2

Breakfast
 Blueberry Mini
 Loaf w/ Yogurt
 Banana

Lunch
 Scoopin' Taco
 Chicken
 Quesadilla w/
 Salsa
 Fiesta Beans
 Fresh Apple

Wednesday, December 3

Breakfast
 Pizza Bagel
 Craisins

Lunch
 Grilled Cheese
 Sandwich
 Hotdog on Bun
 French Fries
 Corn
 Vegetable Soup
 Frozen Fruit Cup

Thursday, December 4

Breakfast
 French Toast
 Sticks
 Mandarin Orange
 Cup

Lunch
 Chicken Chunks
 Baked Spaghetti
 w/ Breadstick
 Collards
 Sweet Potato
 Souffle
 Froot Juice

Friday, December 5

Breakfast
 Powdered Mini
 Doughnuts
 Raisels

Lunch
 Cheese or Pepperoni
 Pizza
 Beef & Cheddar
 Sandwich
 California Blend w/
 Cheese Sauce
 Green Beans
 Diced Peaches

*Enjoy a Special
 Holiday Cookie
 with Your Lunch
 Tray on
 December 4th!*

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
 Fresh Baked Cinnamon
 Roll
 Scrambled Eggs
 Yogurt
 Mozzarella Sticks w/
 Marinara Sauce
 Roasted Potatoes
 Mixed Vegetables
 Banana

Tuesday, December 9

Breakfast
 Blueberry Muffin
 Craisins

Lunch
 Chicken Filet
 Sandwich
 Chicken Teriyaki
 Ramen
 Sweet Potato Fries
 Collards
 Grapes

Wednesday, December 10

Breakfast
 Chicken Waffle
 Sandwich
 Fresh Apple

Lunch
 Beefaroni w/
 Breadstick
 Mini Corn Dogs
 French Fries
 Broccoli w/ Cheese
 Sauce
 Frozen Fruit Cup

Thursday, December 11

Breakfast
 Cinnamon Toast
 Crunch Pastry
 Raisels

Lunch
 Chicken Chunks w/
 Dutch Waffle
 Pork Chop
 Sandwich
 Texas 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
 Corn
 Green Beans
 Applesauce

Offered Daily

- Fresh Salads
- Wraps
- Sandwiches
- Protein Bento Boxes

Offered Daily on a Rotating Basis



Wishing you a toasty, warm holiday season!



Available Daily

Breakfast

100% Fruit Juice,
Milk

Lunch

Fresh Fruit or
Vegetable,
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/
Breadstick
Cheese Calzone
w/ Marinara Sauce
Broccoli w/ Cheese
Sauce
Banana

Tuesday, December

Breakfast

Chicken Sausage
Biscuit
Fresh Apple

Lunch

Turkey in Gravy
Stuffing
Mini Corn Dogs
Sweet Potato
Souffle
Collards
Diced Pears

Wednesday, December 17

Breakfast

Mini Bagel
Craisins

Lunch

Sweet Thai Chicken
Fried Veggie Rice
Cheeseburger
Veggie Burger
Sweet Potato Fries
Corn
Fresh Apple

Thursday, December 18

Breakfast

Mini Pancakes
Mandarin Orange
Cup

Lunch

Barbecue 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



HAPPY "HOLLY" DAYS!



We'll see you
again in 2026!

Winter Holiday begins
at the end of classes

Friday, December 19

Classes resume

Monday, January 5