

# Beaufort County Schools Menus for May 2025

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
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| Draft 3  Menu Subject to Change |  |  | May 1 **Yogurt w/Cinnamon  Goldfish or Cereal**  **Chicken Alfredo w/Breadstick\***  **Corn Dog**  **Tossed Salad\***  **Baked Beans**  **Assorted Fruits\***  **Low Fat or Fat Free Milk** | May 2 **Breakfast Pizza or Cereal**  **Cheese Pocket w/Marinara\***  **Fish Sandwich**  **Green Peas**  **French Fries\***  **Assorted Fruits\***  **Low Fat or Fat Free Milk** |
| May 5 **Pancake Sausage on Stick or Cereal**  **Pizza\***  **Orange Chicken**  **Fried Rice**  **Corn**  **Oriental Vegetables\***  **Assorted Fruits\***  **Low Fat or Fat Free Milk** | May 6 **Assorted Muffins or Cereal**  **Hot Dog w/Chili**  **Kielbasa (HS, MS w/Onions and Peppers**  **Boneless Wings w/ Roll\***  **Baked Beans**  **Oven Roasted Squash\***  **Assorted Fruits\***  **Low Fat or Fat Free Milk** | May 7 **Sausage Biscuit or Cereal**  **Hamburger or Cheeseburger**  **Mac n Cheese w/ Corn Muffin\***  **Green Beans**  **Tater Tots**  **Assorted Fruits\***  **Low Fat or Fat Free Milk** | May 8 **Cinnamon Roll or Cereal**  **Baked Ziti**  **w/Breadstick\***  **BBQ Pork Sandwich**  **Corn**  **Caesar Salad\***  **Coleslaw**  **Assorted Fruits\***  **Low Fat or Fat Free Milk** | May 9 **French Toast Stix or Cereal**  **Cheese Dippers w/Marinara**  **Fish Sandwich\***  **French Fries**  **Green Peas\***  **Assorted Fruits\***  **Low Fat or Fat Free Milk** |
| May 12 **Fruit Strudel or Cereal**  **Cheese Stuffed Crust Pizza\***  **Chicken & Cheese Quesadilla**  **Lima Beans & Corn\***  **Baked Potato**  **Assorted Fruits\***  **Low Fat or Fat Free Milk** | May 13 **Pancakes w/Sausage Links or Cereal**  **Spaghetti with Meat sauce and Breadstick**  **Manager’s Choice**  **Seasoned Broccoli\*or Tossed Salad**  **Baked Beans**  **Assorted Fruits\***  **Low Fat or Fat Free Milk** | May 14 **Donut or Cereal**  **BBQ Chicken with Roll\***  **Grilled Ham and Cheese Sandwich**  **Sweet Potatoes**  **Brussel Sprouts**  **Assorted Fruits\***  **Low Fat or Fat Free Milk** | May 15 **Dunkin Stix or Cereal**  **Chicken Nuggets w/ Roll\***  **Meatball Sub**  **Mashed Potatoes w/Gravy**  **Seasoned Carrots\***  **Assorted Fruits\***  **Low Fat or Fat Free Milk** | May 16 **Sweet Bread Slice or Cereal**  **Fish Nuggets w/ Hushpuppies\***  **Chicken Sandwich**  **Green Peas\***  **Sauteed Cabbage**  **Coleslaw**  **Assorted Fruits\***  **Low Fat or Fat Free Milk** |
| May 19 **Cinnamon or Strawberry Bagel or Cereal**  **French Bread Pizza\***  **w/Marinara Sauce**  **Chicken Fajitas Wrap**  **Corn\***  **Green Beans**  **Assorted Fruits\***  **Low Fat or Fat Free Milk** | May 20 **Dunkin Stix or Cereal**  **Chicken Nuggets w/ Roll\***  **Philly Cheesesteak**  **Sweet Potato Fries Seasoned Broccoli**  **Assorted Fruits\***  **Low Fat or Fat Free Milk** | May 21 **Waffle w/Sausage or Cereal**  **Nachos with Meat and Cheese\***  **Managers Choice**  **Mashed Potatoes w/ Gravy**  **Seasoned Carrots\***  **Assorted Fruits\***  **Low Fat or Fat Free Milk** | May 22 **Yogurt w/Cinnamon  Goldfish or Cereal**  **Chicken Alfredo w/Breadstick\***  **Corn Dog**  **Tossed Salad\***  **Baked Beans**  **Assorted Fruits\***  **Low Fat or Fat Free Milk** | May 23 **Breakfast Pizza or Cereal**  **Cheese Pocket w/Marinara\***  **Chicken Sandwich w/lettuce and tomato**  **Green Peas**  **French Fries\***  **Assorted Fruits\***  **Low Fat or Fat Free Milk** |
| May 26 Memorial Day | May 27 **Pancake Sausage on Stick or Cereal**  **Pizza\***  **Orange Chicken**  **Fried Rice**  **Corn**  **Oriental Vegetables\***  **Assorted Fruits\***  **Low Fat or Fat Free Milk** | May 28 **Assorted Muffins or Cereal**  **Hot Dog w/Chili**  **Kielbasa (HS, MS w/Onions and Peppers**  **Boneless Wings w/ Roll\***  **Baked Beans**  **Oven Roasted Squash\***  **Assorted Fruits\***  **Low Fat or Fat Free Milk** | May 29 **Sausage Biscuit or Cereal**  **Hamburger or Cheeseburger**  **Mac n Cheese w/ Corn Muffin\***  **Green Beans**  **Tater Tots**  **Assorted Fruits\***  **Low Fat or Fat Free Milk** | May 30 **French Toast Stix or Cereal**  **Cheese Dippers w/Marinara**  **Fish Sandwich\***  **French Fries**  **Green Peas\***  **Assorted Fruits\***  **Low Fat or Fat Free Milk** |

## Nutrition Byte

### Go Screen Free!

May 5-9 is Screen Free Week! This annual, international celebration promotes reading, playing, thinking, creating, getting active, and spending more time with family and friends instead of watching TV, surfing the web, or playing with apps and video games. You can still use devices for work or school.

Why go screen free?

* Screen time can take away from physical activity that everyone needs to be healthy. Youth and adults who are active are more likely to be at a healthy weight, be sick less often, and sleep better. They are also able to focus, do better in school or at work, and are less likely to feel stressed or depressed.
* Excessive screen time can take us away from connecting with others.

What can you do?

* Take breaks from screens – smart phone, computer, TV, etc.
* Turn on some music, dance, and sing.
* Take a walk or go for a run or bike ride.
* Play basketball, soccer, tennis, pickleball, or another sport.
* Work on an art or craft project.
* Get outside. Explore nature at a local park or trail.
* Play a game or put together a puzzle with friends or family.
* Plant or work in a garden.
* Read a book.
* Try a new activity or hobby. Spend time with others.
* Volunteer in your community.

**Nutrilink:** Learn more and find resources at <https://screenfree.org>.

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