

Dare County Schools welcome back



Menus For the Last Two Weeks of September 2022

"USDA is an equal opportunity provider."

Lunch Prices

Elementary (K-5)	Middle & High (6-12)
\$2.75	\$3.00

We provide free and reduced-price meals for eligible students.

Adults pay by the items selected.



SURF OVER TO

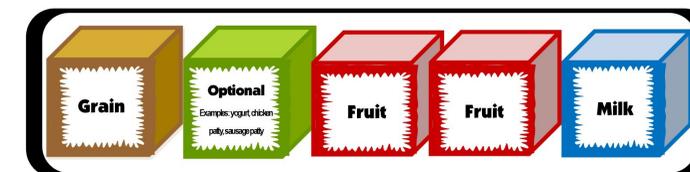
Daretolearn.org

It's one tasty site!

Student Breakfast

Select 3 or 5 menu Blocks

Choose at least 1 fruit



Federal School Breakfast Pattern Daily Minimum Offerings

Grain = 1 ounce equivalent grain

Fruit = 1 cup total

Milk = 1 cup

Additional items may be offered in excess of the federal school breakfast pattern

Monday, Sept., 19

CHOOSE ONE ENTRÉE

- Corn Dog Nuggets
- Fresh Chicken Caesar Salad
- Fruit & Yogurt Parfait
- Fruit & Vegetable Choices**
 - Steamed Broccoli
 - Potato Wedges
 - Chilled Diced Peaches
 - Fruit Juice
- Variety of Milk

Tuesday, Sept., 20

CHOOSE ONE ENTRÉE

- Totchos
- Fresh Turkey & Cheese Salad
- Fruit & Yogurt Parfait
- Fruit & Vegetable Choices**
 - Steamed Corn
 - Applesauce
 - Spiced Pears
- Variety of Milk

Wednesday, Sept., 21

CHOOSE ONE ENTRÉE

- NC Pork BBQ on a Bun
- Fresh Crispy Chicken Salad
- Fruit & Yogurt Parfait
- Fruit & Vegetable Choices**
 - Baked Beans
 - House-made Coleslaw
 - Mixed Fruit
 - Fresh Fruit
- Variety of Milk

Thursday, Sept., 22

CHOOSE ONE ENTRÉE

- Crispy Chicken Filet on a Bun
- Fresh Southwest Salad
- Fruit & Yogurt Parfait
- Fruit & Vegetable Choices**
 - Waffle Potatoes
 - Green Beans
 - Raisins
 - Fruit Juice
- Variety of Milk

Friday, Sept., 23

CHOOSE ONE ENTRÉE

- Cheesy French Bread
- Fresh Vegetarian Salad
- Fruit & Yogurt Parfait
- Fruit & Vegetable Choices**
 - Fresh Steamed Cabbage
 - Glazed Sweet Potatoes
 - Fresh Fruit
 - Pineapple Tidbits
- Variety of Milk

Breakfast Menu

Monday— Banana Bread

Tuesday— Sausage Biscuit

Wednesday— Breakfast Pizza

Thursday— Chicken Biscuit

Friday— Powered Donuts

Additional Breakfast selections may include: a variety of whole grain rich breads and grains. Examples are: muffin, honey bun, toaster pastry, cereal, graham crackers, breakfast biscuits and more.

Juice, Fruit and a variety of milk are offered with all breakfasts.

School Breakfast Prices for 2022-2023

Paid Student Breakfast = \$1.25

Reduced Student Breakfast = Free (Due to State funding)

Adults pay by the items selected

**Menu is subject to change
based on availability**

Dare County Schools School Nutrition

Disclaimer for Nutrition and Ingredient Information, As of 11/21/14

Parents, school nurses and others sometimes want nutritional and ingredient information for school menu items. To assist our families, nutrition information and menu ingredients for school menu items can be provided. In accordance with the Food Allergen Labeling and Consumer Protection Act, the major allergen ingredients of milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, and soybeans are supposed to be identified on food labels provided by vendors. Other allergen ingredients are not necessarily identified. The information we provide about nutritional values and product ingredients, including major food allergens, is obtained from the vendor/manufacturer of the specific products. However, a number of variables can affect the accuracy of the information, such as changing ingredients or production practices, inaccurate labels, substitutions, and so forth. Therefore, while reasonable efforts have been made, we do not guarantee the accuracy of the nutritional information or ingredient information provided. This information is general only and is not to be considered medical or nutritional advice.

Monday September, 26

CHOOSE ONE ENTRÉE

Beef Hot Dog on a Bun

Fresh Chicken Caesar Salad

Fruit & Yogurt Parfait

Fruit & Vegetable Choices

Spiral Potatoes
Veggie Juice
Raisins
Applesauce

Variety of Milk

Tuesday September, 27

CHOOSE ONE ENTRÉE

Chicken & Waffles

Fresh Turkey & Cheese Salad

Fruit & Yogurt Parfait

Fruit & Vegetable Choices

Corn
Lima Beans
Fresh Fruit
Fruit Juice

Variety of Milk

Wednesday Sept., 28

CHOOSE ONE ENTRÉE

Meatball Marinara Sub

Fresh Crispy Chicken Salad

Fruit & Yogurt Parfait

Fruit & Vegetable Choices

Mashed Potatoes
Collards
Diced Peaches
Fruit Juice

Variety of Milk

Thursday Sept., 29

CHOOSE ONE ENTRÉE

Macaroni & Cheese
Garlic Breadstick

Fresh Southwest Salad

Fruit & Yogurt Parfait

Fruit & Vegetable Choices

Crinkle Cut Sweet Potato Fries,
Green Beans
Fresh Fruit
Diced Pears

Variety of Milk

Friday Sept., 30

CHOOSE ONE ENTRÉE

To Go Nardone's
Pepperoni Pizza Box

Fresh Vegetarian Salad

Fruit & Yogurt Parfait

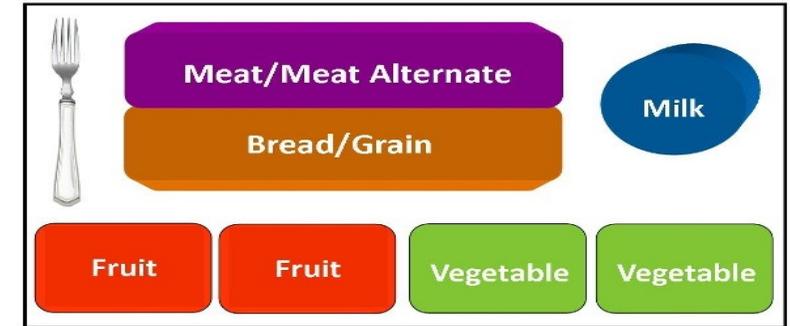
Fruit & Vegetable Choices

Celery Cup
Bagged Carrots
Mixed Fruit
Fruit Juice

Variety of Milk

Student Lunch

3 to 7 menu blocks for a complete student lunch



MUST SELECT 1 FRUIT or VEGETABLE

+ 2 OR MORE MENU BLOCKS

Featured



Fresh Produce

NC Apples

NC Watermelons

NC Asian Pears

NC Peaches

Oranges

Broccoli

Bagged Carrots

Grape Tomato Medley



Spinach Salad

Yellow Squash

Online Payments

Parents may pre-pay for school meals, payment of unpaid meal charges and track what their children are purchasing in the school cafeteria and receive low balance E-mail alerts. For information visit: K12paymentcenter.com

We look forward to providing all students appealing and nutritious meals for breakfast and lunch this school year. School meals fuel students for learning throughout the day. Shortages of food and supplies along with staffing challenges are occurring nationwide. Due to this, menus may be subject to change based on availability.

We appreciate your patience and understanding.

New Year, New Application Required

Please submit ASAP

Act Now

For the start of school prior year free & reduced eligibility is honored temporarily. Carry over eligibility ends around the start of October. A new application must be received & processed to continue benefits.

Direct Certification

Some households will be notified by letter of automatic approval for free or reduced school meals based on Food and Nutrition Services (FNS, formerly Food Stamp), TANF benefits, or Medicaid. If notified no application is required.

Free & Reduced Price Breakfast & Lunch

Households may apply at any time during the school year for free and reduced price meal benefits. Benefits are for all grade levels elementary through high school. Applications are available in all Dare County Schools or may be downloaded from www.daretolearn.org. If you have questions, contact School Nutrition at 480-8888, X 1921.