

Monday, March 30

Breakfast

Honey Bun,
Fruit & Milk

Lunch

Breaded Chicken

Fruit & Vegetable

French Fries
Mixed Vegetables
Fruit
Milk

Tuesday, March 31

Breakfast

Sausage Biscuit,
Fruit & Milk

Lunch

Corn Dog Nuggets

Fruit & Vegetable

Steamed Corn
Fruit
Milk

Wed., April 1

Breakfast

Cereal, Fruit & Milk

Lunch

Wild Mike's Cheesy Bites

Fruit & Vegetable

Green Peas
Fruit
Milk

Thursday, April 2

Breakfast

Chicken Biscuit, Fruit &
Milk

Lunch

Cheeseburger on Bun
~ OR ~
Manager's Choice

Fruit & Vegetable

Potato Wedges
Fruit
Milk

Friday, April 3

Breakfast

Banana Bread, Fruit & Milk

Lunch

Chicken Tenders
w/ School Baked Roll

Fruit & Vegetable

Oven Baked Potato
Green Beans
Fruit
Milk

Monday, April 6

Breakfast

Muffin, Fruit & Milk

Lunch

Chicken Fillet Sandwich

Fruit & Vegetable

Potato Waffles
Steamed Broccoli
Fruit
Milk

Tuesday, April 7

Breakfast

Sausage Biscuit, Fresh
Fruit & Milk

Lunch

Hot Dog on Bun

Fruit & Vegetable

Green Beans
Fruit
Milk

Wed., April 8

Breakfast

Cereal, Fruit & Milk

Lunch

Pork BBQ on a Bun

Fruit & Vegetable

Baked Beans
Fruit
Milk

Thursday, April 9

Breakfast

Chicken Biscuit, Fresh
Fruit & Milk

Lunch

Pizza

Fruit & Vegetable

Green Peas
Fruit
Milk

Friday, April 10

Breakfast

Banana Bread, Fruit & Milk

Lunch

Hamburger on Bun

Fruit & Vegetable

Corn
Fruit
Milk

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 of 2004, the major food 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 nutrition and ingredients 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 we strive for accuracy of the nutritional information or ingredient information provided. This information is general only and is not to be considered medical or nutritional advice.