



## Menus For September 2023

### Breakfast Menu

**Monday - Banana Bread**

**Tuesday - Pancake Sausage on a stick**

**Wednesday - Scrambled Egg, Sausage & Toast**

**Thursday - Chicken Biscuit**

**Friday - Powdered 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, & more.

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

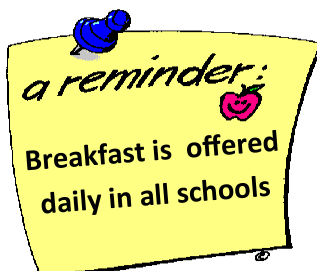
### School Breakfast Prices for 2023-2024

Paid Student Breakfast = \$1.25

Reduced Student Breakfast = Free

(Free Due to State Funding)

Adults pay by the items selected



Menu is subject to change  
based on availability

**Monday, September 18**

### CHOOSE ONE ENTRÉE

Corn Dog Nuggets

Fresh Caesar Salad

Fruit & Yogurt Parfait

### Fruit & Vegetable Choices

Steamed Broccoli

Steamed Carrots

Diced Peaches

Fruit Juice

Variety of Milk

**Tuesday, September 19**

### CHOOSE ONE ENTRÉE

Macaroni and Cheese  
with Breadstick

Fresh Turkey & Cheese  
Salad

Fruit & Yogurt Parfait

### Middle & High

Spicy Chicken Sandwich

### Fruit & Vegetable Choices

Steamed Peas

Steamed Cabbage

Diced Pears

Fruit Juice

Variety of Milk

**Wednesday, September 20**

### CHOOSE ONE ENTRÉE

Chicken & Waffle

Pork BBQ Sandwich

Fresh Crispy Chicken  
Salad

Fruit & Yogurt Parfait

### Fruit & Vegetable Choices

Baked Beans

Cole Slaw

Mixed Fruit

Fresh Fruit

Variety of Milk

**Thursday, September 21**

### CHOOSE ONE ENTRÉE

Chicken Filet Sandwich

Fresh Southwest Salad

Fruit & Yogurt Parfait

### Fruit & Vegetable Choices

Potato Smiles

Green Beans

Apple Oatmeal Crisp

Fruit Juice

Variety of Milk

**Friday, September 22**

### CHOOSE ONE ENTRÉE

Nardones Personal  
Pan Pizza

Fresh Garden Vegetable  
Salad

Fruit & Yogurt Parfait

### Fruit & Vegetable Choices

Cucumber & Tomato Cup

Bagged Carrots

Fresh Fruit

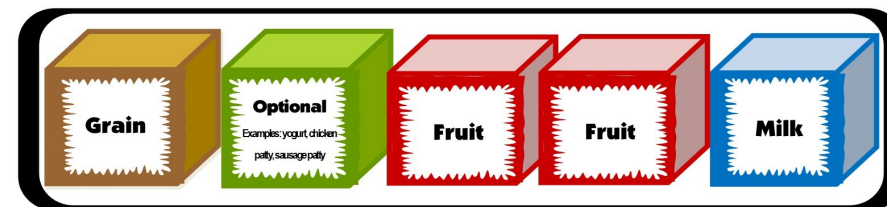
Dried Fruit

Variety of Milk

## 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

### Lunch Prices

#### Elementary

**(K-5)**

**\$2.75**

#### Middle & High

**(6-12)**

**\$3.00**

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

Adults pay by the  
items selected.

## 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/manufacture 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.



SURF OVER TO  
[Daretolearn.org](http://Daretolearn.org)

### Monday, September 25

#### CHOOSE ONE ENTRÉE

Beef Hot Dog on Bun

Fresh Caesar Salad

Fruit & Yogurt Parfait

#### Fruit & Vegetable Choices

Crinkle Cut Potatoes

Green Peas

Applesauce

Fresh Fruit

Variety of Milk

### Tuesday, September 26

#### CHOOSE ONE ENTRÉE

Asian Tangerine Chicken  
with Brown Rice

Fresh Turkey & Cheese  
Salad

Fruit & Yogurt Parfait

#### Fruit & Vegetable Choices

Steamed Corn

Lima Beans

Mandarin Oranges

Fruit Juice

Variety of Milk

### Wednesday, September 27

#### CHOOSE ONE ENTRÉE

Turkey Medallions with  
Gravy & Breadstick

Fresh Crispy Chicken  
Salad

Fruit & Yogurt Parfait

**Middle & High**  
Stuffed Crust Pizza  
Wedge

#### Fruit & Vegetable Choices

Mashed Potatoes

Spinach

Diced Pears

Fruit Juice

Variety of Milk

**Free & Reduced Price Application Due 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 and processed to continue benefits. 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](http://www.daretolearn.org). You may apply online at <https://www.lunchapplication.com/>.

If you have questions, contact School Nutrition at 480-8888, X 1921

#### Direct Certification

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

### Thursday, September 28

#### CHOOSE ONE ENTRÉE

Popcorn Chicken &  
Breadstick

Fresh Southwest Salad

Fruit & Yogurt Parfait

#### Fruit & Vegetable Choices

Green Beans

Glazed Sweet Potatoes

Mixed Fruit

Spiced Apples

Variety of Milk

### Friday, September 29

#### CHOOSE ONE ENTRÉE

Wild Mike's Cheesy  
Bites with  
Marinara Dipping Sauce

Fresh Garden Vegetable  
Salad

Fruit & Yogurt Parfait

#### Fruit & Vegetable Choices

Celery Cup

Bagged Carrots

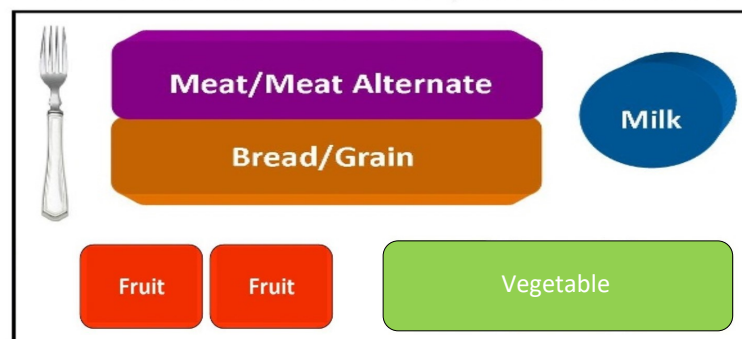
Fresh Fruit

Fruit Juice

Variety of Milk

## Student Lunch

3 to 6 menu blocks for a complete student lunch



**MUST SELECT 1 FRUIT or VEGETABLE**

**+ 2 OR MORE MENU BLOCKS**

**Students may select ALL vegetable choices**