



Menus For May 2024

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, toaster pastry, cereal, hot oatmeal, 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



The clock has not run out!

Households may apply at any time during the school year for free and reduced price meal benefits. Get in touch with us today to learn more about free and reduced price meals in our district: 252-480-8888 x1921 or govanke@daretolearn.org

Reminder: Breakfast is offered daily in all schools

Lunch Prices

**Elementary
(K-5)**

\$2.75

**Middle & High
(6-12)**

\$3.00

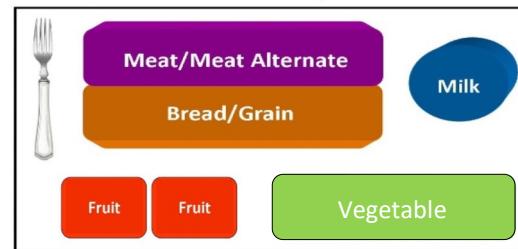
We provide free and reduced lunches at No Cost for eligible students.

Adults pay by the items selected.



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

Monday, May 6

CHOOSE ONE ENTRÉE

- Corn Dog Nuggets
- Fresh Caesar Salad
- Fruit & Yogurt Parfait

Middle & High
Stuffed Crust Wedge

Fruit & Vegetable Choices

- Steamed Broccoli
- Steamed Carrots
- Diced Peaches
- Fruit Juice

Variety of Milk

Tuesday, May 7

CHOOSE ONE ENTRÉE

- Macaroni & Cheese & a Breadstick
- Fresh Turkey & Cheese Salad
- Fruit & Yogurt Parfait

Middle & High
Spicy Chicken on a Bun
Stuffed Crust Wedge

Fruit & Vegetable Choices

- Steamed Peas
- Steamed Cabbage
- Strawberry Cup
- Fruit Juice

Variety of Milk

Wed., May 1

CHOOSE ONE ENTRÉE

- Hot Dog on a Bun
- Fresh Crispy Chicken Salad
- Fruit & Yogurt Parfait

Middle & High
Breaded Mozzarella Sticks w/Marinara

Fruit & Vegetable Choices

- Spiral Potatoes
- Green Beans
- Peach Cup
- Fresh Fruit

Variety of Milk

Thursday, May 2

CHOOSE ONE ENTRÉE

- Spaghetti with Beef Sauce & a Breadstick
- Fresh Southwest Salad
- Fruit & Yogurt Parfait

Middle & High
Pepperoni & Cheese Stuffed Sandwich

Fruit & Vegetable Choices

- Collards
- Sweet Potato Fries
- Cherry Crisp
- Fruit Juice

Variety of Milk

Friday, May 3

CHOOSE ONE ENTRÉE

- Four Cheese Pizza
- Fresh Vegetarian Salad
- Fruit & Yogurt Parfait

Fruit & Vegetable Choices

- Pepper & Tomato Cup
- Bagged Carrots
- Dried Fruit
- Fresh Fruit

Variety of Milk

Wed., May 8

CHOOSE ONE ENTRÉE

- Hot Dog on a Bun
- NC BBQ on a Bun
- Fresh Crispy Chicken Salad
- Fruit & Yogurt Parfait

Middle & High
Stuffed Crust Wedge

Fruit & Vegetable Choices

- Baked Beans
- Cole Slaw
- Applesauce
- Fresh Fruit

Variety of Milk

Thursday, May 9

CHOOSE ONE ENTRÉE

- Chicken Fillet on a Bun
- Fresh Southwest Salad
- Fruit & Yogurt Parfait

Middle & High
Stuffed Crust Wedge

Fruit & Vegetable Choices

- Potato Smiles
- Green Beans
- Apple Oatmeal Crisp
- Fruit Juice

Variety of Milk

Friday, May 10

CHOOSE ONE ENTRÉE

- Nardone's Pizza Box
- Fresh Vegetarian Salad
- Fruit & Yogurt Parfait

Fruit & Vegetable Choices

- Cucumber & Tomato Cup
- Bagged Carrots
- Dried Fruit
- Fresh Fruit

Variety of Milk

Monday, May 13

CHOOSE ONE ENTRÉE
 Chicken & Waffles

Fresh Caesar Salad
 Fruit & Yogurt Parfait

Middle & High
 Stuffed Crust Wedge

Fruit & Vegetable Choices
 Glazed Sweet Potatoes
 Green Peas
 Diced Peaches
 Fresh Fruit

Variety of Milk

Tuesday, May 14

CHOOSE ONE ENTRÉE
 Tangerine Chicken & NC Gold Rice

Orange Sauce Meatballs & NC Gold Rice
 Fresh Turkey & Cheese Salad
 Fruit & Yogurt Parfait

Middle & High
 Stuffed Crust Wedge

Fruit & Vegetable Choices
 Corn
 Lima Beans
 Mandarin Oranges
 Fruit Juice

Variety of Milk

Wed., May 15

CHOOSE ONE ENTRÉE
 Turkey Medallions with Gravy & Stuffing

Fresh Crispy Chicken Salad
 Fruit & Yogurt Parfait

Middle & High
 Stuffed Crust Wedge

Fruit & Vegetable Choices
 Mashed Potatoes
 Collards
 Fruit Crisp
 Fruit Juice

Variety of Milk

Thursday, May 16

CHOOSE ONE ENTRÉE
 Cheeseburger on a Bun with Funyuns

Fresh Southwest Salad
 Fruit & Yogurt Parfait

Middle & High
 Stuffed Crust Wedge

Fruit & Vegetable Choices
 Green Beans
 Crinkle Cut Potatoes
 Fruit Juice
 Spiced Apples

Variety of Milk

Friday, May 17

CHOOSE ONE ENTRÉE
 Mozzarella Sticks with Marinara

Fresh Vegetarian Salad
 Fruit & Yogurt Parfait

Fruit & Vegetable Choices
 Celery Cup
 Bagged Carrots
 Fresh Fruit
 Fruit Juice

Variety of Milk

Monday, May 20

CHOOSE ONE ENTRÉE
 Garlic French Bread with Marinara

Potstickers & NC Gold Rice

Fresh Caesar Salad
 Fruit & Yogurt Parfait

Fruit & Vegetable Choices
 Steamed Corn
 Steamed Peas
 Fresh Fruit
 Pineapple Tidbits

Variety of Milk

Tuesday, May 21

CHOOSE ONE ENTRÉE
 Totchos

Fresh Turkey & Cheese Salad
 Fruit & Yogurt Parfait

Middle & High
 Stuffed Crust Wedge

Fruit & Vegetable Choices
 Seasoned Black Beans
 Strawberry Cup
 Fruit Juice

Variety of Milk

Wed., May 22

CHOOSE ONE ENTRÉE
 Hot Dog on a Bun

Fresh Crispy Chicken Salad
 Fruit & Yogurt Parfait

Middle & High
 Breaded Mozzarella Sticks w/Marinara

Fruit & Vegetable Choices
 Spiral Potatoes
 Green Beans
 Peach Cup
 Fresh Fruit

Variety of Milk

Thursday, May 23

CHOOSE ONE ENTRÉE
 Spaghetti with Beef Sauce & a Breadstick

Fresh Southwest Salad
 Fruit & Yogurt Parfait

Middle & High
 Pepperoni & Cheese Stuffed Sandwich

Fruit & Vegetable Choices
 Collards
 Sweet Potato Fries
 Cherry Crisp
 Fruit Juice

Variety of Milk

Friday, May 24

NO SCHOOL

Monday, May 27

NO SCHOOL

Tuesday, May 28

CHOOSE ONE ENTRÉE
 Macaroni & Cheese & a Breadstick

Fruit & Yogurt Parfait

Middle & High
 Spicy Chicken on a Bun
 Stuffed Crust Wedge

Fruit & Vegetable Choices
 Steamed Peas
 Steamed Cabbage
 Strawberry Cup
 Fruit Juice

Variety of Milk

Wed., May 29

CHOOSE ONE ENTRÉE
 Hot Dog on a Bun
 NC BBQ on a Bun

Fresh Crispy Chicken Salad
 Fruit & Yogurt Parfait

Middle & High
 Stuffed Crust Wedge

Fruit & Vegetable Choices
 Baked Beans
 Cole Slaw
 Applesauce
 Fresh Fruit

Variety of Milk

Thursday, May 30

CHOOSE ONE ENTRÉE
 Chicken Fillet on a Bun

Fresh Southwest Salad
 Fruit & Yogurt Parfait

Middle & High
 Stuffed Crust Wedge

Fruit & Vegetable Choices
 Potato Smiles
 Green Beans
 Apple Oatmeal Crisp
 Fruit Juice

Variety of Milk

Friday, May 31

CHOOSE ONE ENTRÉE
 Nardone's Pizza Box

Fresh Vegetarian Salad
 Fruit & Yogurt Parfait

Fruit & Vegetable Choices
 Cucumber & Tomato Cup
 Bagged Carrots
 Dried Fruit
 Fresh Fruit

Variety of 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, 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.