

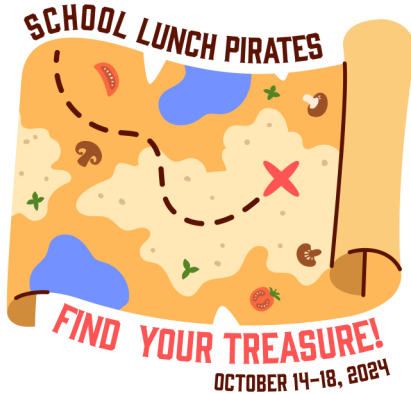


Menus For



2024

"USDA is an equal opportunity provider."



Tuesday, October 1

CHOOSE ONE ENTRÉE

Walking Taco w/
Doritos

Turkey Unwrap Salad

Fruit & Yogurt
Parfait

Middle & High
Chicken Fillet on a
Bun

Fruit & Vegetable Choices

Pico de Gallo
Seasoned Black Beans
Diced Peaches
Fruit Juice

Variety of Milk

Wed., October 2

CHOOSE ONE ENTRÉE

Turkey & Cheese
Flatbread

Noodle Salad

Fruit & Yogurt
Parfait

Middle & High
Stuffed Crust Wedge

Fruit & Vegetable Choices

Spiral Potatoes
Green Beans
Spiced Pears
Fresh Fruit

Variety of Milk

Thursday, October 3

CHOOSE ONE ENTRÉE

Grilled Cheese

Fresh Cobb Salad

Fruit & Yogurt Parfait

Middle & High
Chicken Wings & a
Breadstick

Fruit & Vegetable Choices

Steamed Spinach
Tater Tots
Oatmeal Fruit Crisp
Fruit Juice

Variety of Milk

Friday, October 4

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

Monday, October 7

CHOOSE ONE ENTRÉE

Corn Dog Nuggets

Fresh Caesar Salad

Fruit & Yogurt Parfait

Middle & High
Mozzarella Sticks with
marinara

Fruit & Vegetable Choices

Steamed Broccoli
Sweet Potato Fries
Diced Peaches
Fruit Juice

Variety of Milk

Tuesday, October 8

CHOOSE ONE ENTRÉE

Build a Bowl
w/Egg Roll

Turkey Unwrap Salad

Fruit & Yogurt Parfait

Middle & High
Spicy Chicken on a
Bun

Fruit & Vegetable Choices

Squash & Zucchini
Medley
Steamed Cabbage
Diced Pears
Fruit Juice

Variety of Milk

NATIONAL SCHOOL LUNCH WEEK

Wed., October 9

CHOOSE ONE ENTRÉE

Chicken Fillet on a
Bun

Noodle Salad

Fruit & Yogurt Parfait

Middle & High
Stuffed Crust Wedge

Fruit & Vegetable Choices

Potato Smiles
Green Beans
Oatmeal Fruit Crisp
Fruit Juice

Thursday, October 10

CHOOSE ONE ENTRÉE

Macaroni & Cheese &
Breadstick

NC BBQ on a Bun

Fresh Cobb Salad
Fruit & Yogurt Parfait

Middle & High
Chicken Fillet on a
Bun

Fruit & Vegetable Choices

Baked Beans
Cole Slaw
Applesauce
Fresh Fruit

Friday October 11

CHOOSE ONE ENTRÉE

Mike's Cheesy Bites
with Marinara

Fresh Vegetarian
Salad

Fruit & Yogurt Parfait

Fruit & Vegetable Choices

Cucumber & Tomato
Cup
Bagged Carrots
Fresh Fruit
Dried Fruit

Variety of Milk

Monday, October 14

CHOOSE ONE ENTRÉE

Golden Nuggets with
a Peg Leg

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, October 15

CHOOSE ONE ENTRÉE

Mozzarella Sticks with
Marinara

Turkey Unwrap Salad

Fruit & Yogurt Parfait

Middle & High
Chicken Fillet on a Bun

Fruit & Vegetable Choices

Green Beans
Crinkle Cut Potatoes
Dig for Treasure
Fruit Juice

Variety of Milk

Variety of Milk

Wed., October 16

CHOOSE ONE ENTRÉE

Hot Dog on a Bun

Noodle Salad

Fruit & Yogurt Parfait

Middle & High
Tangerine Chicken &
NC Gold Rice

Fruit & Vegetable Choices

Squash & Zucchini
Medley
Lima Beans
Fruit Juice
Banana Boat

Variety of Milk

Thursday, October 17

CHOOSE ONE ENTRÉE

Chicken Fillet on Bun

Fresh Cobb Salad

Fruit & Yogurt Parfait

Middle & High
Turkey Medallions with
Gravy & Stuffing
Hushpuppies

Fruit & Vegetable Choices

Mashed Potatoes
Spinach
Blue Waters
Fresh Fruit

Variety of Milk

Friday, October 18

CHOOSE ONE ENTRÉE

Pirate Sail Pizza

Fresh Vegetarian
Salad

Fruit & Yogurt Parfait

Fruit & Vegetable Choices

Celery Cup
Bagged Carrots
Fresh Fruit
Fruit Juice

Variety of Milk

Monday, October 21

CHOOSE ONE ENTRÉE

Hot Dog on a Bun

Fresh Caesar Salad

Fruit & Yogurt Parfait

Middle & High

Garlic French Bread with Marinara

Fruit & Vegetable Choices

Steamed Corn

Steamed Peas

Fresh Fruit

Pineapple Tidbits

Variety of Milk

Tuesday, October 22

CHOOSE ONE ENTRÉE

Walking Taco w/ Doritos

Turkey Unwrap Salad

Fruit & Yogurt Parfait

Middle & High

Chicken Fillet on a Bun

Fruit & Vegetable Choices

Pico de Gallo

Seasoned Black Beans

Diced Peaches

Fruit Juice

Variety of Milk

Wed., October 23

CHOOSE ONE ENTRÉE

Turkey & Cheese Flatbread

Noodle Salad

Fruit & Yogurt Parfait

Middle & High

Stuffed Crust Wedge

Fruit & Vegetable Choices

Spiral Potatoes

Green Beans

Spiced Pears

Fresh Fruit

Variety of Milk

Thursday, October 24

CHOOSE ONE ENTRÉE

Grilled Cheese

Fresh Cobb Salad

Fruit & Yogurt Parfait

Middle & High

Chicken Wings & a Breadstick

Fruit & Vegetable Choices

Steamed Spinach

Tater Tots

Oatmeal Fruit Crisp

Fruit Juice

Variety of Milk

Friday, October 25

CHOOSE ONE ENTRÉE

Four Cheese Pizza

Fresh Vegetarian Salad

Fruit & Yogurt Parfait

Fruit & Vegetable Choices

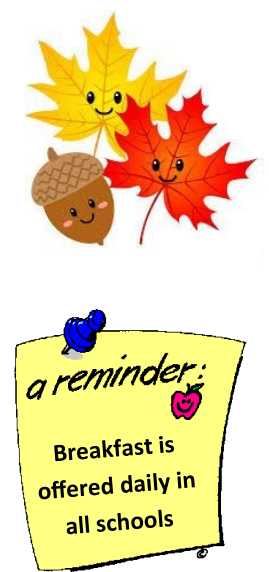
Pepper & Tomato Cup

Bagged Carrots

Dried Fruit

Fresh Fruit

Variety of Milk



Student Lunch

3 to 6 menu blocks for a complete student lunch

The diagram shows a student lunch menu layout. On the left is a silver fork icon. In the center are three stacked blocks: a purple block labeled "Meat/Meat Alternate", an orange block labeled "Bread/Grain", and a green block labeled "Vegetable". To the right of these is a blue oval labeled "Milk". Below the "Vegetable" block are two red blocks labeled "Fruit".

MUST SELECT 1 FRUIT or VEGETABLE

+ 2 OR MORE MENU BLOCKS

Students may select ALL vegetable

Monday, October 28

CHOOSE ONE ENTRÉE

Corn Dog Nuggets

Fresh Caesar Salad

Fruit & Yogurt Parfait

Middle & High

Mozzarella Sticks with marinara

Fruit & Vegetable Choices

Steamed Broccoli

Sweet Potato Fries

Diced Peaches

Fruit Juice

Variety of Milk

Tuesday, October 29

CHOOSE ONE ENTRÉE

Build a Bowl w/Egg Roll

Turkey Unwrap Salad

Fruit & Yogurt Parfait

Middle & High

Spicy Chicken on a Bun

Fruit & Vegetable Choices

Squash & Zucchini Medley

Steamed Cabbage

Diced Pears

Fruit Juice

Variety of Milk

Wed., October 30

CHOOSE ONE ENTRÉE

Chicken Fillet on a Bun

Noodle Salad

Fruit & Yogurt Parfait

Middle & High

Stuffed Crust Wedge

Fruit & Vegetable Choices

Potato Smiles

Green Beans

Oatmeal Fruit Crisp

Fruit Juice

Variety of Milk

Thursday, October 31

CHOOSE ONE ENTRÉE

Macaroni & Cheese & Breadstick

NC BBQ on a Bun

Fresh Cobb Salad

Fruit & Yogurt Parfait

Middle & High

Chicken Fillet on a Bun

Fruit & Vegetable Choices

Baked Beans

Cole Slaw

Applesauce

Fresh Fruit

Student Breakfast

Select 3 or 5 menu Blocks

The diagram shows five menu blocks in a row: a brown block labeled "Grain", a green block labeled "Optional" with smaller text "Example: yogurt, cereal, jelly, or smoothie", a red block labeled "Fruit", another red block labeled "Fruit", and a blue block labeled "Milk".

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

Free & Reduced Price Breakfast & Lunch

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 school meals based on Food and Nutrition Services (FNS, formerly Food Stamp) or TANF benefits. **If notified, no application is required.**

Households may apply at any time during the school year for free and reduced price meal benefits. Applications are available in all Dare County Schools, may be downloaded from www.daretolearn.org or apply online at LunchApplication.com. If you have questions, contact School Nutrition at 480-8888, X 1918

Breakfast Menu

Monday - Banana Bread

Tuesday - Chicken Biscuit & Tater Tots

Wednesday - Scrambled eggs, sausage & toast

Thursday - Egg & Cheese Biscuit & Tater Tots

Friday - Donuts

Additional Breakfast selections may include: a variety of whole grain rich breads and grains. Examples are: muffins, cinnamon bun, Apple strudel, toaster pastry, cereal and more.

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

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.