



"USDA is an equal opportunity provider."

## Menus For



2024

### Breakfast & Lunch Prices

**Elementary**

**(K-5)**

**Free**

**Middle & High**

**(6-12)**

**Free**

**Adults pay by the items selected.**



Breakfast is  
offered daily in all  
schools

### 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.

Monday, December 2

#### CHOOSE ONE ENTRÉE

Hot Dog on a Bun

Fresh Caesar Salad

(if available)

Fruit & Yogurt Parfait

#### **Middle & High**

Garlic French Bread with Marinara

#### Fruit & Vegetable Choices

Steamed Corn

Steamed Peas

Fresh Fruit

Pineapple Tidbits

Tuesday, December 3

#### 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

Variety of Fruit Juice

Variety of Milk

Wed., December 4

#### CHOOSE ONE ENTRÉE

Turkey and Cheese

Flatbread

Woodle Salad

Fruit & Yogurt Parfait

#### **Middle & High**

Stuffed Crust Wedge

#### Fruit & Vegetable Choices

Spiral Potatoes

Green Beans

Spiced Pears

Fresh Fruit

Variety of Milk

Thursday, December 5

#### 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

Variety of Fruit Juice

Variety of Milk

Friday, December 6

#### 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, December 9

#### 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

Variety of Fruit Juice

Variety of Milk

Tuesday, December 10

#### 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

Mixed Vegetables

Steamed Cabbage

Diced Pears

Variety of Fruit Juice

Variety of Milk

Wed., December 11

#### CHOOSE ONE ENTRÉE

Chicken Fillet on a Bun

Woodle Salad

Fruit & Yogurt Parfait

#### **Middle & High**

Stuffed Crust Wedge

#### Fruit & Vegetable Choices

Potato Smiles

Green Beans

Oatmeal Fruit Crisp

Variety of Fruit Juice

Variety of Milk

Thursday, December 12

#### CHOOSE ONE ENTRÉE

Macaroni & Cheese & Breadstick

Fresh Cobb Salad

Fruit & Yogurt Parfait

#### **Middle & High**

Chicken Fillet on a Bun

#### Fruit & Vegetable Choices

Baked Beans

Cole Slaw

Applesauce

Fresh Fruit

Variety of Milk

Friday, December 13

#### CHOOSE ONE ENTRÉE

Mike's Cheesy Bites w/ Marinara

Fresh Vegetarian Salad

Fruit & Yogurt Parfait

#### Fruit & Vegetable Choices

Cucumber & Tomato Cup

Bagged Carrots


Fresh Fruit

Dried Fruit

Variety of Milk

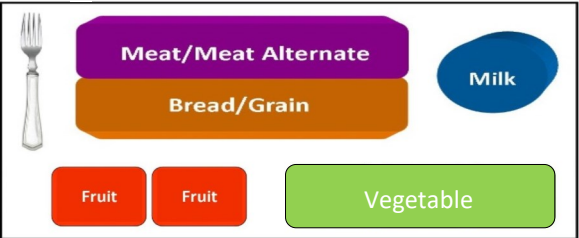
Monday, December 16	Tuesday, December 17	Wed., December 18	Thursday, December 19	Friday, December 20
<b><u>CHOOSE ONE ENTRÉE</u></b> Chicken and Waffles Fresh Caesar Salad Fruit & Yogurt Parfait  <b>Middle &amp; High</b> Stuffed Crust Wedge  <b><u>Fruit &amp; Vegetable Choices</u></b> Glazed Sweet Potatoes Green Peas Diced Peaches Fresh Fruit Variety of Milk	<b><u>CHOOSE ONE ENTRÉE</u></b> Mozzarella Sticks with Marinara Turkey Unwrap Salad Fruit & Yogurt Parfait  <b>Middle &amp; High</b> Chicken Fillet on a Bun  <b><u>Fruit &amp; Vegetable Choices</u></b> Green Beans Crinkle Cut Potatoes Spiced Apples Variety of Fruit Juice Variety of Milk	<b><u>CHOOSE ONE ENTRÉE</u></b> Hot Dog on a Bun Woodle Salad Fruit & Yogurt Parfait  <b>Middle &amp; High</b> Tangerine Chicken & NC Gold Rice  <b><u>Fruit &amp; Vegetable Choices</u></b> Corn Lima Beans Variety of Fruit Juice Mandarin Oranges Variety of Milk	<b><u>CHOOSE ONE ENTRÉE</u></b> Chicken Fillet on Bun Fresh Cobb Salad Fruit & Yogurt Parfait  <b>Middle &amp; High</b> Turkey Medallions with Gravy & Stuffing  <b><u>Fruit &amp; Vegetable Choices</u></b> Mashed Potatoes Steamed Spinach Oatmeal Fruit Crisp Fresh Fruit Variety of Milk	<b><u>EARLY DISMISSAL</u></b> <b><u>CHOOSE ONE ENTRÉE</u></b> Nardones Cheese Pizza Fresh Vegetarian Salad Fruit & Yogurt Parfait  <b><u>Fruit &amp; Vegetable Choices</u></b> Celery Cup Bagged Carrots Fresh Fruit Variety of Fruit Juice Variety of Milk

Monday, December 23 — January 3

NO SCHOOL




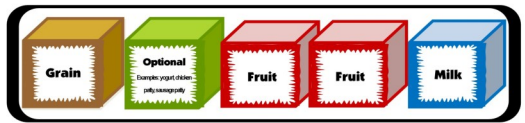
**Student Lunch**  
3 to 6 menu blocks for a complete student lunch



**MUST SELECT 1 FRUIT or VEGETABLE**  
**+ 2 OR MORE MENU BLOCKS**


**Students may select ALL vegetable choices**

**Student Breakfast**  
Select 3 or 5 menu Blocks



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

**The clock has not run out!**  
Apply online at [lunchapplication.com](https://lunchapplication.com)


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 x1918 or [rossieau@daretolearn.org](mailto:rossieau@daretolearn.org)

**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.