



## Menus For



2025

"USDA is an equal opportunity provider."

### Breakfast & Lunch Prices

<b>Elementary</b>	<b>Middle &amp; High</b>
<b>(K-5)</b>	<b>(6-12)</b>
<b>Free</b>	<b>Free</b>

Adults pay by the items selected.



Breakfast is offered daily in all schools

### Breakfast Menu

Monday - Confetti Pancakes

Tuesday - Chicken Biscuit & Tater Tots

Wednesday - Apple Strudel

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, toaster pastry, cereal and more.

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

Monday, January 6

#### 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

Variety of Milk

Tuesday, January 7

#### 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., January 8

#### CHOOSE ONE ENTRÉE

Fiesta Pizza

Woodle Salad

Fruit & Yogurt Parfait

#### **Middle & High**

Turkey & Cheese

Flatbread

#### Fruit & Vegetable Choices

Spiral Potatoes

Green Beans

Strawberry Cup

Fresh Fruit

Variety of Milk

Thursday, January 9

#### CHOOSE ONE ENTRÉE

Grilled Cheese

Fresh Cobb Salad

Fruit & Yogurt Parfait

#### **Middle & High**

Chicken Wings &

Breadstick

#### Fruit & Vegetable Choices

Steamed Spinach

Tater Tots

Oatmeal Fruit Crisp

Variety of Fruit Juice

Variety of Milk

Friday, January 10

#### 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, January 13

#### 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

Icy Peach Cup

Variety of Fruit Juice

Variety of Milk

Tuesday, January 14

#### 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

Steamed Corn

Steamed Cabbage

Pear Cup

Variety of Fruit Juice

Variety of Milk

Wed., January 15

#### 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, January 16

#### 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, January 17

#### 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, January 20

**NO SCHOOL**

**HOLIDAY**



Tuesday, January 21

**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  
Spiced Apples  
Variety of Fruit Juice  
Variety of Milk

Wed., January 22

**CHOOSE ONE ENTRÉE**

Hot Dog on a Bun  
Woodle Salad  
Fruit & Yogurt Parfait

**Middle & High**

Tangerine Chicken & NC Gold Rice

**Fruit & Vegetable Choices**

Corn  
Lima Beans  
Variety of Fruit Juice  
Mandarin Oranges  
Variety of Milk

Thursday, January 23

**CHOOSE ONE ENTRÉE**

Chicken Fillet on Bun  
Fresh Cobb Salad  
Fruit & Yogurt Parfait

**Middle & High**

Turkey Medallions with Gravy & Stuffing

**Fruit & Vegetable Choices**

Mashed Potatoes  
Steamed Spinach  
Oatmeal Fruit Crisp  
Fresh Fruit  
Variety of Milk

Friday, January 24

**CHOOSE ONE ENTRÉE**

Nardones Cheese Pizza  
Fresh Vegetarian Salad  
Fruit & Yogurt Parfait

**Fruit & Vegetable Choices**

Celery Cup  
Bagged Carrots  
Fresh Fruit  
Variety of Fruit Juice  
Variety of Milk

Monday, January 27

**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, January 28

**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., January 29

**CHOOSE ONE ENTRÉE**

Fiesta Pizza  
Woodle Salad  
Fruit & Yogurt Parfait

**Middle & High**

Turkey & Cheese Flatbread

**Fruit & Vegetable Choices**

Spiral Potatoes  
Green Beans  
Strawberry Cup  
Fresh Fruit  
Variety of Milk

Thursday, January 30

**CHOOSE ONE ENTRÉE**

Grilled Cheese  
Fresh Cobb Salad  
Fruit & Yogurt Parfait

**Middle & High**

Chicken Wings & Breadstick

**Fruit & Vegetable Choices**

Steamed Spinach  
Tater Tots  
Oatmeal Fruit Crisp  
Variety of Fruit Juice  
Variety of Milk

Friday, January 31

**CHOOSE ONE ENTRÉE**

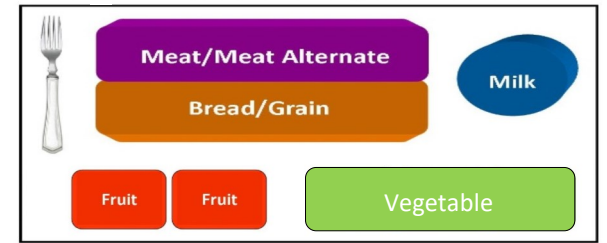
Four Cheese Pizza  
Fresh Vegetarian Salad  
Fruit & Yogurt Parfait

**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



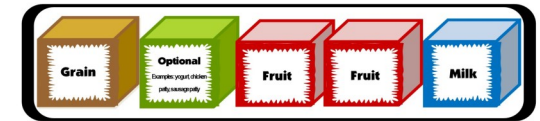
MUST SELECT 1 **FRUIT** or **VEGETABLE**

+ 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](http://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/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.