



Menus For



2025

"USDA is an equal opportunity provider."

Breakfast is offered daily in all schools!



Breakfast & Lunch Prices

Elementary

(K-5)

Free

Middle & High

(6-12)

Free

Adults pay by the items selected.

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, February 10

NO SCHOOL



National Umbrella Day!!!

Tuesday, February 11

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., February 12

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, February 13

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, February 14

CHOOSE ONE ENTRÉE

Nardones Cheese Pizza

Fresh Vegetarian Salad

Fruit & Yogurt Parfait

Fruit & Vegetable Choices

Cucumber & Tomato Cup

Bagged Carrots

Fresh Fruit

Variety of Fruit Juice

Variety of Milk

Monday, February 3

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, February 4

CHOOSE ONE ENTRÉE

Build a Bowl w/Egg Roll

Turkey Unwrap Salad

Fruit & Yogurt Parfait

Middle & High

Chicken Fillet on a Bun

Fruit & Vegetable Choices

Steamed Corn

Steamed Cabbage

Pear Cup

Variety of Fruit Juice

Variety of Milk

Wed., February 5

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, February 6

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, February 7

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, February 17

NO SCHOOL



Presidents' Day

Tuesday, February 18

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., February 19

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, February 20

CHOOSE ONE ENTRÉE

Hot Ham & Cheese Sandwich
Fresh Cobb Salad
Fruit & Yogurt Parfait

Middle & High
Cheeseburger on a Bun

Fruit & Vegetable Choices
Steamed Spinach
Tater Tots
Oatmeal Fruit Crisp
Variety of Fruit Juice

Variety of Milk

Friday, February 21

CHOOSE ONE ENTRÉE

Four Cheese Pizza
Fresh Vegetarian Salad
Fruit & Yogurt Parfait

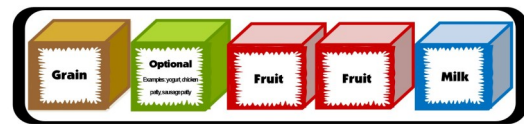
Fruit & Vegetable Choices
Pepper & Tomato Cup
Bagged Carrots
Dried Fruit
Fresh Fruit

Variety of Milk

Free and Reduced Meal Applications!
Apply online at 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

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

Monday, February 24

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, February 25

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., February 26

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, February 27

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, February 28

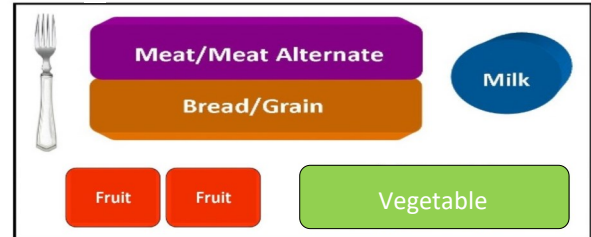
CHOOSE ONE ENTRÉE

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

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

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.