

Menus For




MARCH 2025

"USDA is an equal opportunity provider."

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

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.



National School Breakfast Week, March 3-7 Week

Monday: **Mystery Muffin**
 Tuesday: **Sleuth's Surprise**
 Wednesday: **Detective Delight Wrap**
 Thursday: **Inspector Sticky**
 Friday: **Powder Puff PI**



Monday, March 3

CHOOSE ONE ENTRÉE
 Chicken & Waffle
 Fresh Caesar Salad
 Fruit & Yogurt Parfait

Middle & High
 Stuffed Crust Wedge

Fruit & Vegetable Choices
 Glazed Sweet Potatoes
 Green Peas
 Peach Cup
 Fresh Fruit

Variety of Milk

Tuesday, March 4

CHOOSE ONE ENTRÉE
 Mozzarella Sticks with Marinara
 Turkey Unwrap Salad
 Fruit & Yogurt Parfait

Middle & High
 Hot Dog on a Bun

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

Variety of Milk

Wednesday, March 5

CHOOSE ONE ENTRÉE
 Macaroni & Cheese with a Breadstick
 Woodle Salad
 Fruit & Yogurt Parfait

Middle & High
 Tangerine Chicken & NC Gold Rice

Fruit & Vegetable Choices
 Corn
 Lima Beans
 Mandarin Oranges
 Variety of Fruit Juice

Variety of Milk

Thursday, March 6

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, March 7

CHOOSE ONE ENTRÉE
 Nardones Cheese Pizza
 Fresh Vegetarian Salad
 Fruit & Yogurt Parfait

Fruit & Vegetable Choices
 Mixed Veggie Cup
 Bagged Carrots
 Fresh Fruit
 Variety of Fruit Juice

Variety of Milk

Monday, March 10

CHOOSE ONE ENTRÉE
 Hot Dog on a Bun
 Fresh Caesar Salad
 Fruit & Yogurt Parfait

Middle & High
 Garlic French Bread w/ Marinara

Fruit & Vegetable Choices
 Spiral Potatoes
 Steamed Peas
 Fresh Fruit
 Pineapple Tidbits

Variety of Milk

Tuesday, March 11

CHOOSE ONE ENTRÉE
 Walking Taco w/Doritos
 Turkey Unwrap Salad
 Fruit & Yogurt Parfait

Middle & High
 Popcorn Chicken & a Breadstick

Fruit & Vegetable Choices
 Pico de Gallo
 Seasoned Black Beans
 Diced Peaches
 Variety of Fruit Juice

Variety of Milk

Wednesday, March 12

CHOOSE ONE ENTRÉE
 Fiesta Pizza
 Woodle Salad
 Fruit & Yogurt Parfait

Middle & High
 Turkey & Cheese Flatbread

Fruit & Vegetable Choices
 Steamed Corn
 Green Beans
 Spiced Pears
 Fresh Fruit

Variety of Milk

Thursday, March 13

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, March 14

No SCHOOL



Monday, March 17

CHOOSE ONE ENTRÉE

Corn Dog Nuggets
Fresh Caesar Salad
Fruit & Yogurt Parfait

Middle & High
Meatballs with
Breadsticks

Fruit & Vegetable Choices

Steamed Broccoli
Sweet Potato Fries
Icy Peach Cup
Variety of Fruit Juice

Variety of Milk

Tuesday, March 18

CHOOSE ONE ENTRÉE

Build a Bowl
w/Egg Roll
Turkey Unwrap Salad
Fruit & Yogurt Parfait

Middle & High
Garlic French Bread with
Marinara

Fruit & Vegetable Choices

Steamed Corn
Steamed Cabbage
Diced Pears
Variety of Fruit Juice

Variety of Milk

Wednesday, March 19

CHOOSE ONE ENTRÉE

Cheeseburger on a Bun
Woodle Salad
Fruit & Yogurt Parfait

Middle & High
Stuffed Crust Wedge

Fruit & Vegetable Choices

Potato Smiles
Baked Beans
Oatmeal Fruit Crisp
Variety of Fruit Juice

Variety of Milk

Thursday, March 20

CHOOSE ONE ENTRÉE

Spaghetti with Beef
Sauce and a Breadstick
Fresh Cobb Salad
Fruit & Yogurt Parfait

Middle & High
Mozzarella Sticks with
Marinara

Fruit & Vegetable Choices

Green Beans
Cole Slaw
Applesauce
Fresh Fruit

Variety of Milk

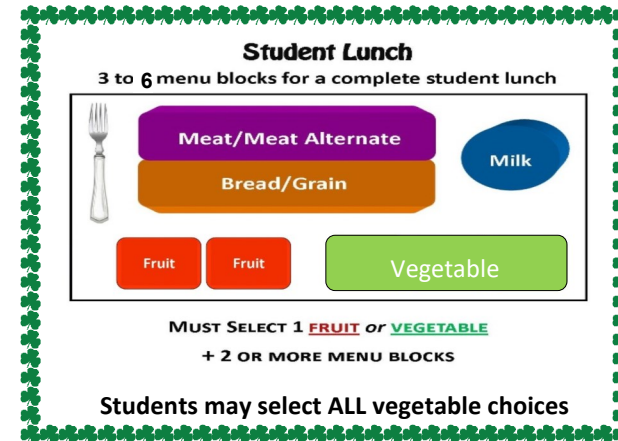
Friday, March 21

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



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

Monday, March 24

CHOOSE ONE ENTRÉE

Chicken & Waffle
Fresh Caesar Salad
Fruit & Yogurt Parfait

Middle & High
Stuffed Crust Wedge

Fruit & Vegetable Choices

Glazed Sweet Potatoes
Green Peas
Peach Cup
Fresh Fruit

Variety of Milk

Tuesday, March 25

CHOOSE ONE ENTRÉE

Mozzarella Sticks with
Marinara
Turkey Unwrap Salad
Fruit & Yogurt Parfait

Middle & High
Hot Dog on a Bun

Fruit & Vegetable Choices

Green Beans
Crinkle Cut Potatoes
Spiced Apples
Variety of Fruit Juice

Variety of Milk

Wednesday, March 26

CHOOSE ONE ENTRÉE

Macaroni & Cheese with a
Breadstick
Woodle Salad
Fruit & Yogurt Parfait

Middle & High
Tangerine Chicken & NC
Gold Rice

Fruit & Vegetable Choices

Corn
Lima Beans
Mandarin Oranges
Variety of Fruit Juice

Variety of Milk

Thursday, March 27

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 Collards
Oatmeal Fruit Crisp
Fresh Fruit

Variety of Milk

Friday, March 28

CHOOSE ONE ENTRÉE

Nardones Cheese Pizza
Fresh Vegetarian Salad
Fruit & Yogurt Parfait

Fruit & Vegetable Choices

Mixed Veggie Cup
Bagged Carrots
Fresh Fruit
Variety of Fruit Juice

Variety of Milk

Monday, March 31

CHOOSE ONE ENTRÉE

Hot Dog on a Bun
Fresh Caesar Salad
Fruit & Yogurt Parfait

Middle & High
Garlic French Bread w/
Marinara

Fruit & Vegetable Choices

Spiral Potatoes
Steamed Peas
Fresh Fruit
Pineapple Tidbits

Variety of Milk

Breakfast & Lunch Prices

Elementary
(K-5)
Free

Middle & High
(6-12)
Free

Adults pay by the items selected.

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.