

Menus For February

MONDAY, FEBRUARY 9, 2026

MONDAY, FEBRUARY 16, 2026

NO SCHOOL

Breakfast & Lunch Prices

Elementary, Middle
& High Schools **Free**

**NO FREE AND REDUCED MEAL APPLICATION
REQUIRED
FOR THIS SCHOOL YEAR**

Adults Pay by the Items Selected

Breakfast Menu

Monday

Confetti Pancakes

Tuesday

Chicken Biscuit & Tater Tots

Wednesday

Breakfast Burrito

Thursday

Cinnamon Roll

Friday

Donuts

French Toast Pull-Aparts

Additional Breakfast selections may include: a variety of whole grain rich

Mon., February 2

CHOOSE 1 ENTRÉE

Corn Dog Nuggets
Fruit & Yogurt Parfait

MIDDLE & HIGH

Taco Pizza

FRUIT & VEGETABLE CHOICES

Steamed Broccoli
Sweet Potato Fries
Strawberry Cup
Variety of Fruit Juice

Variety of Milk

Tues., February 3

CHOOSE 1 ENTRÉE

Chicken Tenders
w/ Sister Schubert's Roll
Roasted Chicken &
Salsa Box
Fruit & Yogurt Parfait

MIDDLE & HIGH

Potstickers

FRUIT & VEGETABLE CHOICES

Mashed Potatoes
Steamed Peas
Diced Pears
Variety of Fruit Juice

Variety of Milk

Wed., February 4

CHOOSE 1 ENTRÉE

Cheeseburger on a Bun
Roasted Chicken &
Mozz Box
Fruit & Yogurt Parfait

MIDDLE & HIGH

Stuffed Crust Pizza

FRUIT & VEGETABLE CHOICES

Potato Soup
Baked Beans
Icy Peach Cup
Variety of Fruit Juice

Variety of Milk

Thurs., February 5

CHOOSE 1 ENTRÉE

Spaghetti w/ Beef Sauce
& a Breadstick
Roasted Chicken &
Veggie Box
Fruit & Yogurt Parfait

MIDDLE & HIGH

BBQ on a Bun

FRUIT & VEGETABLE CHOICES

Cole Slaw
Green Beans
Applesauce
Fresh Fruit

Variety of Milk

Fri., February 6

CHOOSE 1 ENTRÉE

Cheesy Bites w/
Marinara
Fruit & Yogurt Parfait

FRUIT & VEGETABLE CHOICES

Cucumber & Tomato
Cup
Bagged Carrots
Fresh Fruit
Dried Fruit

Variety of Milk

Mon., February 9

NO SCHOOL

**ALL STAFF
MEETING**

Tues., February 10

CHOOSE 1 ENTRÉE

Mozzarella Sticks w/
Marinara
Roasted Chicken &
Salsa Box
Fruit & Yogurt Parfait

MIDDLE & HIGH

Hot Dog on a Bun

FRUIT & VEGETABLE CHOICES

Green Beans
Crinkle Cut Potatoes
Fruited Jello
Variety of Fruit Juice

Variety of Milk

Wed., February 11

CHOOSE 1 ENTRÉE

Macaroni & Cheese w/ a
Breadstick
Roasted Chicken &
Mozz Box
Fruit & Yogurt Parfait

MIDDLE & HIGH

Tangerine Chicken & NC
Gold Rice

FRUIT & VEGETABLE CHOICES

Corn
Lima Beans
Mixed Fruit
Variety of Fruit Juice

Variety of Milk

Thurs., February 12

CHOOSE 1 ENTRÉE

Chicken Filet on a Bun
Roasted Chicken &
Veggie Box
Fruit & Yogurt Parfait

MIDDLE & HIGH

Turkey Medallions w/
Gravy & Sister
Schubert's Roll

FRUIT & VEGETABLE CHOICES

Mashed Potatoes
Spinach
Strawberry Applesauce
Fresh Fruit

Variety of Milk

Fri., February 13

CHOOSE 1 ENTRÉE

Nardones 6" Cheese
Pizza
Fruit & Yogurt Parfait

FRUIT & VEGETABLE CHOICES

Mixed Veggie Cup
Bagged Carrots
Fresh Fruit
Fruit Juice

Variety of Milk

Mon. February 16

NO SCHOOL

Tues., February 17

CHOOSE 1 ENTRÉE
Nachos
Roasted Chicken & Salsa Box
Fruit & Yogurt Parfait

MIDDLE & HIGH
Stuffed Crust Pizza

FRUIT & VEGETABLE CHOICES
Pico de Gallo
Seasoned Black Beans
Diced Peaches
Variety of Fruit Juice

Variety of Milk

Wed., February 18

CHOOSE 1 ENTRÉE
Garlic French Bread w/ Marinara
Roasted Chicken & Mozz Box
Fruit & Yogurt Parfait

MIDDLE & HIGH
Turkey & Cheese on a Croissant

FRUIT & VEGETABLE CHOICES
Steamed Corn
Green Beans
Spiced Pears
Fresh Fruit

Variety of Milk

Thurs., February 19

CHOOSE 1 ENTRÉE
Grilled Cheese
Roasted Chicken & Veggie Box
Fruit & Yogurt Parfait

MIDDLE & HIGH
Cheeseburger on a Bun

FRUIT & VEGETABLE CHOICES
Broccoli & Cheese Soup
Tater Tots
Oatmeal Fruit Crisp
Variety of Fruit Juice

Variety of Milk

Fri., February 20

CHOOSE 1 ENTRÉE
Four Cheese Pizza
Fruit & Yogurt Parfait

FRUIT & VEGETABLE CHOICES
Pepper & Tomato Cup
Bagged Carrots
Dried Fruit
Fresh Fruit

Variety of Milk

Mon., February 23

CHOOSE 1 ENTRÉE
Corn Dog Nuggets
Fruit & Yogurt Parfait

MIDDLE & HIGH
Taco Pizza

FRUIT & VEGETABLE CHOICES
Steamed Broccoli
Sweet Potato Fries
Strawberry Cup
Variety of Fruit Juice

Variety of Milk

Tues., February 24

CHOOSE 1 ENTRÉE
Chicken Tenders w/ Sister Schubert's Roll
Roasted Chicken & Salsa Box
Fruit & Yogurt Parfait

MIDDLE & HIGH
Potstickers

FRUIT & VEGETABLE CHOICES
Mashed Potatoes
Steamed Peas
Diced Pears
Variety of Fruit Juice

Variety of Milk

Wed., February 25

CHOOSE 1 ENTRÉE
Cheeseburger on a Bun
Roasted Chicken & Mozz Box
Fruit & Yogurt Parfait

MIDDLE & HIGH
Stuffed Crust Pizza

FRUIT & VEGETABLE CHOICES
Potato Soup
Baked Beans
Icy Peach Cup
Variety of Fruit Juice

Variety of Milk

Thurs., February 26

CHOOSE 1 ENTRÉE
Spaghetti w/ Beef Sauce & a Breadstick
Roast Chicken & Veggie Box
Fruit & Yogurt Parfait

MIDDLE & HIGH
BBQ on a Bun

FRUIT & VEGETABLE CHOICES
Cole Slaw
Green Beans
Applesauce
Fresh Fruit
Variety of Fruit Juice
Variety of Milk

Fri., February 27

CHOOSE 1 ENTRÉE
Cheesy Bites w/ Marinara
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

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

DARE COUNTY SCHOOLS

"USDA is an equal opportunity provider."

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.