



Dare Early College: February 2026

Mon., February 2 Corn Dog Nuggets Steamed Broccoli Sweet Potato Fries Strawberry Cup Variety of Fruit Juice Variety of Milk	Tues., February 3 Chicken Tenders w/ Sister Schubert's Roll Mashed Potatoes Steamed Peas Diced Pears Variety of Fruit Juice Variety of Milk	Wed., February 4 Cheeseburger on a Bun Potato Smiles Baked Beans Fresh Fruit Variety of Fruit Juice Variety of Milk	Thurs., February 5 Spaghetti w/ Beef Sauce & a Breadstick Green Beans Cole Slaw Applesauce Fresh Fruit Variety of Milk	Fri., February 6 Cheesy Bites w/ Marinara Crinkle Cut Fries Bagged Carrots Fresh Fruit Dried Fruit Variety of Milk
Mon., February 9 <u>NO SCHOOL</u> <u>ALL STAFF MEETING</u>	Tues., February 10 Mozzarella Sticks w/ Marinara Green Beans Crinkle Cut Potatoes Variety of Fruit Juice Fresh Fruit Variety of Milk	Wed., February 11 Macaroni & Cheese w/ a Breadstick Corn Lima Beans Mixed Fruit Variety of Fruit Juice Variety of Milk	Thurs., February 12 Chicken Filet on a Bun Mashed Potatoes Spinach Strawberry Applesauce Fresh Fruit Variety of Milk	Fri., February 13 Nardones 6" Cheese Pizza Potato Smiles Bagged Carrots Fresh Fruit Fruit Juice Variety of Milk

MONDAY, FEBRUARY 9, 2026
MONDAY, FEBRUARY 16, 2026

NO SCHOOL

Breakfast Menu

 Monday: Donuts
 Tuesday: Muffin
 Wednesday: Cereal Bar or Pop-Tart
 Thursday: Cherry Strudel
 Friday: Bag of Fruit Loops

 Fruit and Milk are Offered

Breakfast & Lunch

Dare Early College
Students

Free



Dare Early College Menu: February 2026

<p>Mon., February 16</p>	<p>Tues., February 17</p>	<p>Wed., February 18</p>	<p>Thurs., February 19</p>	<p>Fri., February 20</p>
<p><u>NO SCHOOL</u></p>	<p>Nachos Pico de Gallo Seasoned Black Beans Peach Cup Variety of Fruit Juice Variety of Milk</p>	<p>Turkey & Cheese on a Croissant Steamed Corn Green Beans Diced Pears Fresh Fruit Variety of Milk</p>	<p>Grilled Cheese Steamed Broccoli Tater Tots Fresh Fruit Variety of Fruit Juice Variety of Milk</p>	<p>Stuffed Crust Pizza French Fries Pepper & Tomato Cup Bagged Carrots Dried Fruit Fresh Fruit Variety of Milk</p>
<p>Mon., February 23</p>	<p>Tues., February 24</p>	<p>Wed., February 25</p>	<p>Thurs., February 26</p>	<p>Fri., February 27</p>
<p>Corn Dog Nuggets Steamed Broccoli Sweet Potato Fries Strawberry Cup Variety of Fruit Juice Variety of Milk</p>	<p>Chicken Tenders w/ Sister Schubert's Roll Mashed Potatoes Steamed Peas Diced Pears Variety of Fruit Juice Variety of Milk</p>	<p>Cheeseburger on a Bun Potato Smiles Baked Beans Fresh Fruit Variety of Fruit Juice Variety of Milk</p>	<p>Spaghetti w/ Beef Sauce & a Breadstick Green Beans Cole Slaw Applesauce Fresh Fruit Variety of Milk</p>	<p>Cheesy Bites w/ Marinara Crinkle Cut Fries Bagged Carrots Fresh Fruit Dried Fruit Variety of Milk</p>

Breakfast is served 8:10 a.m. - 8:35 a.m.

Lunch is served 12:00 p.m. - 12:25 p.m.

Friday lunch is served at 12:15 p.m.

Student Breakfast

Federal School Breakfast Pattern Daily Minimum Offerings
Grain = 1 ounce equivalent grain
Fruit = 1 cup total, Milk = 1 cup

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.