



MENUS FOR MARCH 2026

Breakfast & Lunch is FREE for all K-12 students! Adults pay by items selected.

MON, MARCH 2

CHOOSE ONE ENTRÉE
Chicken & Waffles

Fruit & Yogurt Parfait

MIDDLE & HIGH
Stuffed Crust Pizza

FRUIT & VEGETABLE CHOICES
Glazed Sweet Potatoes
Steamed Cabbage
Peach Cup
Fresh Fruit

Variety of Milk

TUES, MARCH 3

CHOOSE ONE 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
Diced Pears
Variety of Fruit Juice

Variety of Milk

WED, MARCH 4

CHOOSE ONE ENTRÉE
Macaroni & Cheese w/a Breadstick
Roasted Chicken & Mozzarella 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

THUR, MARCH 5

CHOOSE ONE 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

FRIDAY, MARCH 6

CHOOSE ONE ENTRÉE
Nardone's 6" Cheese Pizza
Fruit & Yogurt Parfait

FRUIT & VEGETABLE CHOICES
Mixed Veggie Cup
Bagged Carrots
Fresh Fruit
Variety Fruit Juice

Variety of Milk

MON, MARCH 9

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

MIDDLE & HIGH
Spicy Chicken on a Bun

FRUIT & VEGETABLE CHOICES
Spiral Potatoes
Steamed Peas
Fresh Fruit
Pineapple Tidbits

Variety of Milk

TUES, MARCH 10

CHOOSE ONE 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, MARCH 11

CHOOSE ONE ENTRÉE
Garlic French Bread w/ Marinara
Roasted Chicken & Mozzarella 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

THUR, MARCH 12

CHOOSE ONE 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

FRIDAY, MARCH 13

OPTIONAL WORKDAY
(No Classes)

BREAKFAST MENU

Monday - Confetti Pancakes

Tuesday - Chicken Biscuit with Tater Tots

Wednesday - Breakfast Burrito

Thursday - Cinnamon Roll

Friday - Donuts

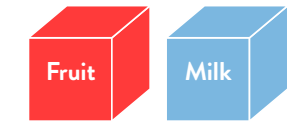
Additional Breakfast selections may include: a variety of whole grain rich breads and grains. Examples are: muffins, cinnamon bun, toaster pastry, cereal and more.

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



Student Breakfast

Select 3 or 5 menu blocks





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STUDENT LUNCH

MON, MARCH 16

CHOOSE ONE ENTRÉE
Corn Dog Nuggets
Fruit & Yogurt Parfait

MIDDLE & HIGH
Taco Pizza

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

Variety of Milk

TUES, MARCH 17

CHOOSE ONE 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, MARCH 18

CHOOSE ONE ENTRÉE
Cheeseburger on a Bun
Roasted Chicken & Mozzarella 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

THUR, MARCH 19

CHOOSE ONE ENTRÉE
Spaghetti w/ Beef Sauce & Breadstick
Roasted Chicken & Veggie Box
Fruit & Yogurt Parfait

MIDDLE & HIGH
Kielbasa on a Bun

FRUIT & VEGETABLE CHOICES
Cole Slaw
Green Beans
Applesauce
Fresh Fruit

Variety of Milk

FRIDAY, MARCH 20

CHOOSE ONE ENTRÉE
Cheesy Bites w/ Marinara
Fruit & Yogurt Parfait

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

Variety of Milk

MON, MARCH 23

CHOOSE ONE ENTRÉE
Chicken & Waffles

Fruit & Yogurt Parfait

MIDDLE & HIGH
Stuffed Crust Pizza

FRUIT & VEGETABLE CHOICES
Glazed Sweet Potatoes
Steamed Cabbage
Peach Cup
Fresh Fruit

Variety of Milk

TUES, MARCH 24

CHOOSE ONE 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
Diced Pears
Variety of Fruit Juice

Variety of Milk

WED, MARCH 25

CHOOSE ONE ENTRÉE
Macaroni & Cheese w/a Breadstick
Roasted Chicken & Mozzarella Box
Fruit & Yogurt Parfait

MIDDLE & HIGH
Tangerine Chicken & Rice

FRUIT & VEGETABLE CHOICES
Corn
Lima Beans
Mixed Fruit
Variety of Fruit Juice

Variety of Milk

THUR, MARCH 26

CHOOSE ONE 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

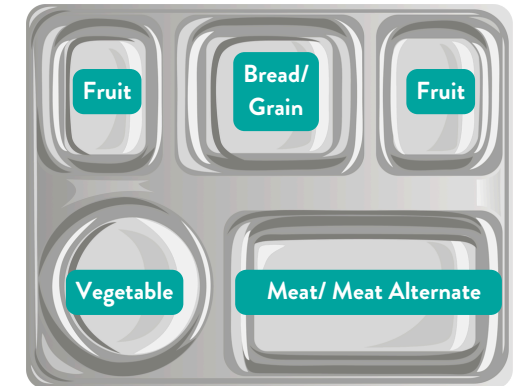
FRIDAY, MARCH 27

CHOOSE ONE ENTRÉE
Nardone's 6" Cheese Pizza
Fruit & Yogurt Parfait

FRUIT & VEGETABLE CHOICES
Mixed Veggie Cup
Bagged Carrots
Fresh Fruit
Variety Fruit Juice

Variety of Milk

Select 3 to 6 menu blocks for a complete student lunch. Students **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.



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MON, MARCH 30

CHOOSE ONE ENTRÉE

- Hot Dog on a Bun
- Fruit & Yogurt Parfait

MIDDLE & HIGH

- Spicy Chicken on a Bun

FRUIT & VEGETABLE CHOICES

- Spiral Potatoes
- Steamed Peas
- Fresh Fruit
- Pineapple Tidbits

Variety of Milk

TUES, MARCH 31

CHOOSE ONE 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

NATIONAL SCHOOL BREAKFAST WEEK: MARCH 2-6

*A Quest for School Breakfast:
Castles, Storybook & Dragons*

Monday - Princess Pancakes

Tuesday - Castle Guard Chicken

Wednesday - Royal Standard Pizza

Thursday - Magical Muffins

Friday - Knights Bread

ST. PATRICK'S DAY

We feel so lucky to
serve you.

Join us this month in
the cafeteria!

SCHOOL NUTRITION TIPS

Add some green to your life and plate this month!

 **Broccoli** - Packed with Vitamin C — it helps your body fight germs and support your immune system.

 **Spinach** - Loaded with iron to help carry oxygen through your body and give you energy.